

NOVEMBER 2008 RS. 30

OSHO TIMES

THE MAGAZINE FOR CONSCIOUS LIVING

Real Courage

Start Relating
Learning for Life
Forever Young

The OSHO Therapist
A Way of Being

Wellness
Seeing Clearly
Is Not Enough

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New and fresh

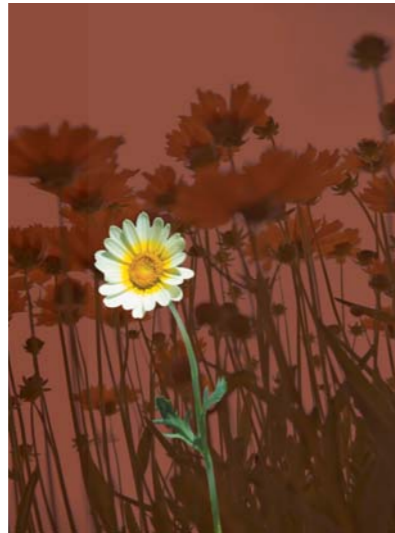
In the West, the most vivid theme around the word **courage** seems related to some kind of violence; either in war and films about war, a la John Wayne, or in sports – for example, playing hurt. In addition, courage is something outer, to be shown or to be seen. It is also rewarded, as in medals given for bravery and public esteem or money, as for sports, or some such benefit.

One need look no further than the US Presidential elections to see this attitude to courage being played out today. It seems that if you haven't been a prisoner of war, or if you haven't been to war, or if you don't support a war, you no longer qualify for public office, at least in the current United States.

In this month's issue of the *OSHO Times*, Osho introduces us to aspects of courage that many of us may never have considered before. For example, he describes courage as not following the crowd, being an individual. At first blush this may sound easy but if you pause and let it sink in, it means, at least for me, being alone and not just alone, but alone *against* the crowd. As for a taste of being alone – try Vipassana for 21 days; not an easy play, let alone being alone against the crowd.

Later in this issue he speaks of not settling down, of taking risks, and says that love is courage. Again and again the source of courage comes from the heart, and from moving from the heart, nothing of the mind involved at all. Not thinking but moving. It's also amazing to me how Osho can make this sound like so much fun, and an invitation to a "giggle," as he puts it...moving into the unknown.

One thing that becomes clear, in the reading at least, is that in none of the forms of courage that Osho describes is there public recognition; no medals, no accolades, no support. Osho's understanding of courage is much more about an inner process, nothing of outer events. And as the process is inner, the way to courage is the way in: meditation.



Yogendra
and the *OSHO Times* team



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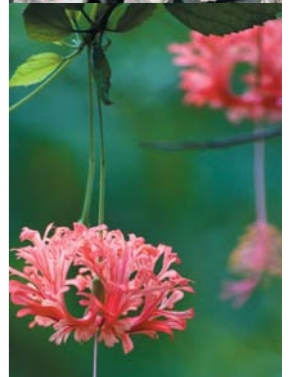
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Books also available online at
osho.com/ebooks



When your body becomes old but your inner being keeps its youthfulness, you have not lost track of life, you are keeping yourself **in step with life** – you are not lagging behind.

Forever Young

There are billion dollar industries promoting youthfulness out of bottles and jars. But these products don't work. The secret of youthfulness lies elsewhere.

If you have lived your youth totally, you will remain young to the very last breath of your life. Your body may become old but your freshness and youthfulness will remain the same. Your youthfulness is a totally different phenomenon to your aging. Aging is physical; youthfulness is **your approach** towards life.

Youthfulness has nothing to do with age. Youthfulness is a transcendence of **time**. Whenever you are not in time, you are youthful. Whenever you are in time, you are old.

Innocence is a transformation of your whole being, as if you are cleaned of all dust – you have just taken a shower. The freshness of innocence, the youthfulness of innocence, slowly deepens and makes you aware of your immortality.

Bliss is never old; bliss is always young, always fresh, because it is not part of the past. It is **this moment** in all its beauty, in all its silence, in all its innocence. When you are in tune with the moment there is bliss.

The churches are against the individual, and the young people are always searching for **individuality**. It is one of the intrinsic parts of youth, of youthfulness, to search for authentic individuality. The churches belong to the collective mob psychology. They fulfil the expectations of the marketplace. They fulfil the expectations of the sleepy people, somnambulists. They cannot help you to be awakened.

If one lives moment to moment, then one never becomes old. The secret is simple: don't accumulate the past and don't project the future – this moment is enough unto itself – and you will remain **fresh, flowing, alive, young**.

The mind is always thinking. It thinks and thinks and thinks. It is never at peace. By stillness I mean **peace of mind**. Being in a state of stillness and watchfulness generates freshness, youthfulness. In a state of stillness, of total silence, the mind becomes crystal clear. It becomes a mirror in which truth is reflected.

In the East we have always depicted Buddha, Mahavira, Krishna, Rama as young. You will not find a single statue of Buddha in his old age. It is not that he never became old – he became old – but no statue has ever been made of his old age because that is not true to his buddhahood. Only his body became old. His bliss, his innermost core, his **reality** remained young.

All excerpts are from OSHO books



Start Relating

Relating is one thing, relationship quite another. Relating does not take you into any bondage; relationship is a bondage. Love people, but don't be jealous, don't be possessive. Relate with as many people as possible, but remain free and let them also be free of you. Don't try to dominate and don't allow anybody to dominate you either.

Osho

“Do we create relationships because we miss love?”

Relationship means something complete, finished, closed. Love is never a relationship; love is relating. It is always a river, flowing, unending. Love knows no full stop; the honeymoon begins but never ends. It is not like a novel that starts at a certain point and ends at a certain point. It is an ongoing phenomenon. Lovers end, love continues. It is a continuum. It is a verb, not a noun.

Why do we reduce the beauty of relating to relationship? Why are we in such a hurry? Because to relate is insecure, and relationship is security, relationship has certainty.

Relating is just a meeting of two strangers, maybe just an overnight stay and in the morning we say goodbye. Who knows what is going to happen tomorrow? We are so afraid that we want to make it certain, we want to make it predictable. We would like tomorrow to be according to our ideas; we don't allow it freedom to have its own say.

You are in love with a woman or a man and immediately you start thinking of getting married. You make it a legal contract. Why? How does the law come into love? The law comes into love because love is not there. It is only a fantasy, and you know the fantasy will disappear. Before it disappears, settle down. Before it disappears, do something so it becomes impossible to separate.

In a better world, with more meditative people, with a little more enlightenment spread over the earth, people will love immensely, but their love will remain a relating, not a relationship. I am not saying that their love will be only momentary. There is every possibility their love may go deeper than your love, may have a higher quality of intimacy, may have something more of poetry and more of the divine in it. And there is every possibility their love may last longer than your so-called relationship ever lasts. But it will not be guaranteed by the law, by the court, by the policeman. The guarantee will be inner.

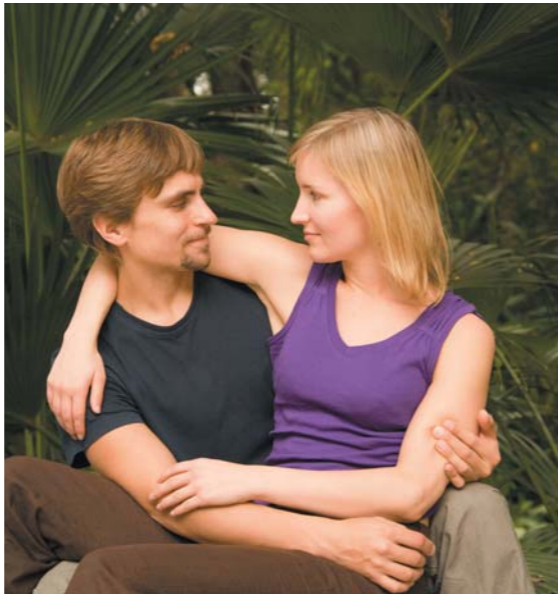
Forget relationships and learn how to relate.

Once you are in a relationship you start taking each other for granted. That's what destroys all love affairs. The woman thinks she knows the man, the man thinks he knows the woman. Nobody knows either. It is impossible to know the other, the other remains a mystery. And to take the other for granted is insulting, disrespectful.

To think that you know your wife is very, very ungrateful. How can you know the woman? How can you know the man? They are processes, they are not things. The woman that you knew yesterday is not there today. So much water has gone down the Ganges; she is somebody else, totally different. Relate again, start again. Don't take it for granted.

The man that you slept with last night, look at his face again in the morning. He is no more the same person, so much has changed. So much, incalculably much, has changed. That is the difference between a thing and a person. The furniture in the room is the same, but the man and the woman are no more the same. Explore again, start again. That's what I mean by relating.

Relating means you are always starting, you are continuously trying to become acquainted. Again and again, you are introducing yourself to each other. You are trying to see the many facets of the other's personality. You are trying to penetrate deeper and deeper into his realm of inner feelings, into the deep



Remain continuously on a honeymoon. Go on searching and seeking each other, finding new ways of loving each other, finding new ways of being with each other. Each person is such an infinite mystery, inexhaustible, unfathomable.

recesses of his being. You are trying to unravel a mystery which cannot be unraveled. That is the joy of love: the exploration of consciousness.

If you relate and don't reduce it to a relationship, then the other will become a mirror to you. Exploring him, unawares you will be exploring yourself too. Getting deeper into the other, knowing his feelings, his thoughts, his deeper stirrings, you will be knowing your own deeper stirrings too. Lovers become mirrors to each other, and then love becomes a meditation. Relationship is ugly, relating is beautiful.

In relationship both persons become blind to each other. Just think, how long has it been since you saw your wife eye to eye? How long has it been since you looked at your husband? Maybe years. Who looks at one's own wife? You have already taken it for granted that you know her. What more is there to look at? You are more interested in strangers than in the people you know – you know the whole topography of their bodies, you know how they respond, you know everything that has happened is going to happen again and again. It is a repetitive circle.

It is not really so. Nothing ever repeats; everything is new every day. Just your eyes become old, your assumptions become old, your mirror gathers dust and you become incapable of reflecting the other. Hence I say relate.

By saying relate, I mean remain continuously on a honeymoon. Go on searching and seeking each other, finding new ways of loving each other, finding new ways of being with each other. Each person is such an infinite mystery, inexhaustible, unfathomable, that it is not possible that you can ever say, "I have known her," or, "I have known him." At the most you can say, "I have tried my best, but the mystery remains a mystery."

In fact the more you know, the more mysterious the other becomes. Then love is a constant adventure.

Excerpted from The Book of Wisdom, Osho

"Why is it so difficult to relate?"

Because you are not yet. There is an inner emptiness and the fear that if you relate with somebody, sooner or later you will be exposed as empty. Hence it seems safer to keep a distance with people; at least you can pretend you are.

You are not. You are not yet born, you are only an opportunity. You are not yet a fulfillment – and only two fulfilled persons can relate. To relate is one of the greatest things of life: to relate means to love, to relate

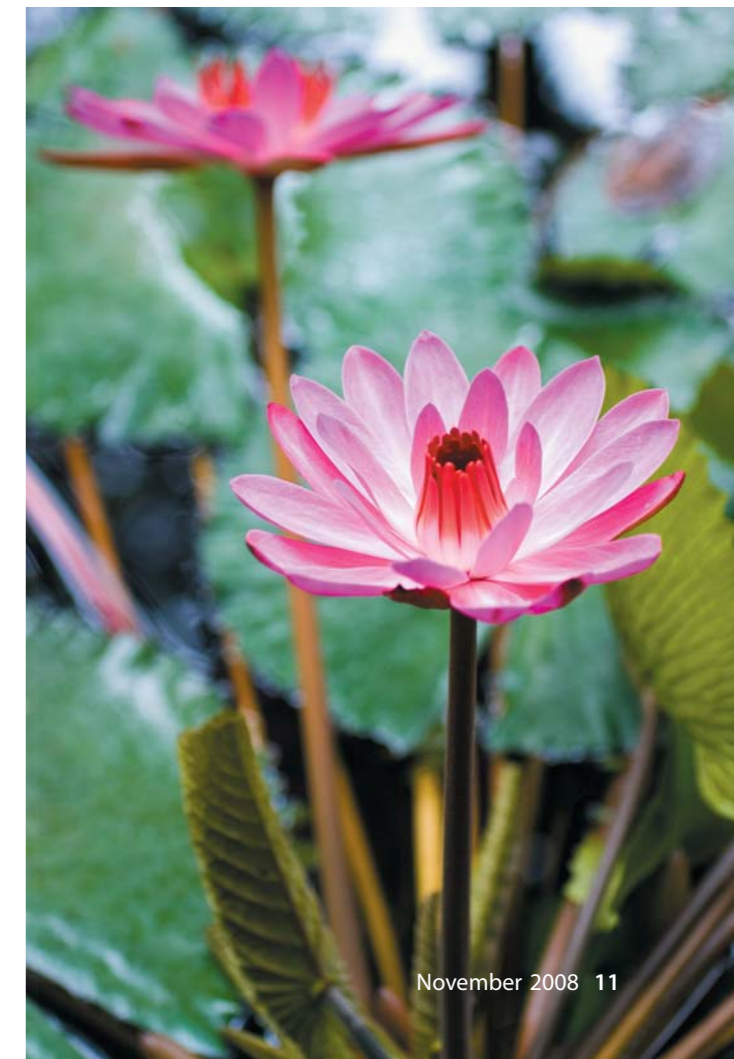
means to share. But before you can share, you must have. And before you can love you must be full of love, overflowing with love.

Two seeds cannot relate, they are closed. Two flowers can relate; they are open, they can send their fragrances to each other, they can dance in the same sun and in the same wind, they can have a dialogue, they can whisper. But that is not possible for two seeds. Seeds are utterly closed, windowless – how to relate?

Man is born as a seed. He can become a flower, he may not. It all depends on you, what you do with yourself. It all depends on you whether you grow or you don't. It is your choice – and each moment the choice has to be faced; each moment you are on the crossroads.

Millions of people decide not to grow. They remain seeds; they remain potentialities, they never become actualities. They don't know what self-realization is, they don't know what self-actualization is, they don't know anything of being. Utterly empty they live, utterly empty they die. How can they relate?

It will be exposing yourself – your nudity, your ugliness, your emptiness. It seems safer to keep a



RELATING

distance. Even lovers keep distance; they come only so far, and they remain alert to when to turn back. They have boundaries. They never cross the boundaries, they remain confined to their boundaries.

Khalil Gibran says: “Be like two pillars that support the same roof, but don’t start possessing the other, leave the other independent. Support the same roof – that roof is love.”

Two lovers support something invisible and something immensely valuable – some poetry of being, some music heard in the deepest recesses of their existence. They support both; they support some harmony but still they remain independent. They can expose themselves to the other because there is no fear. They know they *are*. They know their inner beauty, they know their inner perfume; there is no fear.

But ordinarily the fear exists, because you don’t have any perfume. If you expose yourself you will simply stink. You will stink of jealousies, hatreds, angers, lust. You will not have the perfume of love, prayer, compassion.

Relating is exploring – exploring the other’s consciousness, exploring the other’s territory. But when you explore the other’s territory, you have to allow and welcome the other to explore you. It cannot be one-way traffic. And you can allow the other to explore you only when you have something, some treasure within you. Then there is no fear. In fact you invite the guest, you embrace the guest, you call him in, you want him in. You want him to see what you have discovered in yourself, you want to share it.

First be, then you can relate – and remember, to relate is beautiful. Relationship is a totally different phenomenon; relationship is something dead, fixed, a full point has arrived. You get married to a woman; a full point has arrived. Now things will only decline. You have reached the limit, nothing is growing any more. The river has stopped and it is becoming a reservoir. Relationship is already a thing, complete; relating is a process. Avoid relationships and go deeper and deeper into relating.

My emphasis is on verbs, not on nouns; avoid nouns as much as possible. In language you cannot avoid, that I know, but in life avoid – because life is a verb. Life is not a noun, it is really “living” not “life.” It is not love, it is loving. It is not relationship, it is relating. It is not a song, it is singing. It is not a dance, it is dancing.

See the difference, savor the difference. A dance is

something complete; the last touches have been made, now there is nothing else to do. Something complete is something dead. Life knows no full point; commas are okay, but no full points. Resting places are okay, but no destination.

It is not a question of a relationship with somebody in particular. The basic fact is, if *you* are, your whole life becomes a relating. It is a constant song, a constant dance, it is a continuum, a riverlike flow.

Meditate, find out your own center first. Before you can relate with somebody else, relate with yourself; that is the basic requirement to be fulfilled. Without it, nothing is possible. With it, nothing is impossible.

Excerpted from *The Book of Wisdom*, Osho

Take life very playfully – then you can have both worlds together. You can have the cake and eat it too. And that is a real art. This world and that, sound and silence, love and meditation, being with people, relating and being alone. All these things have to be lived together in a kind of simultaneity; only then will you know the uttermost depth of your being and the uttermost height of your being.

Excerpted from *The Dhammapada: The Way of the Buddha*, Osho



Devotion Is Freedom

If you can start with love and then dissolve in devotion, you can become free. What a paradox! And it isn't even anything you can do.

Devotion frees.

This technique is very simple in one sense and the most difficult in another, and it is only of two words: *devotion frees*.

Thinking and feeling – these are the two types, basic types. This technique is for a feeling type. Remember to find out your type. And no type is higher or lower. Do not think that the intellectual type is higher or the feeling type is higher – no! They are simply types. No one is higher or lower. So just think factually, what is your type.

Forget devotion. First understand love, then you will be able to understand devotion. You fall in love. Why do we say “falling in love”? Nothing falls – just your head. What falls in love but your head? You fall down from the head. That is why we say “falling in love” – because the language is created by intellectual types. For them love is a lunacy, love is madness; one has fallen in love. It means now you can expect anything from him...now he is mad, now no reasoning will help, you cannot reason with him. Can you reason with someone who is in love? People try. People try, but nothing can be proven.

If the love goes deep, words become useless; you remain silent. If you cannot remain silent with your beloved, know well there is no love – because it is very difficult to live in silence with someone you are not in love with. With a stranger you immediately start talking. When you are riding in a train or in a bus you immediately start talking, because to sit by the side of a stranger silently is very difficult, awkward. There is no other bridge so unless you create a language bridge, there is no bridge.

No inner bridge is possible with that stranger. You are closed in yourself and he is closed in himself, and two enclosures are just side by side. There is every fear of colliding and of danger, so you create a bridge. You start talking about the weather or about anything, any nonsense that gives a feeling that you are bridged and you are communicating. Two lovers will fall silent, and when two lovers start talking again you can know well that the love has disappeared; they have become strangers.

Love can become devotion. Love is the first step;

only then can devotion flower. If your love grows deeper, the other becomes more and more significant – so significant that you begin to call the other your god.

In devotion you surrender yourself completely. And this surrender can be to a god who may not be in the sky or who may be, or to a master who may not be awakened or who may be, or to a beloved who may not be worthwhile or who may be – that is irrelevant. If you can allow yourself to dissolve for the other, you will be transformed.

Devotion frees. That is why we have glimpses of freedom only in love. When you are in love, you have a subtle freedom. This is paradoxical because everyone else will see that you have become a slave. If you are in love with someone, those around you will think that you both have become slaves to each other. But you will have glimpses of freedom.

Love is freedom. Why? Because ego is the bondage; there is no other bondage. You may be in a prison and you cannot escape. If your beloved comes into the prison, the prison disappears that very moment. The walls are there still, but they do not imprison you. Now you can forget them completely. You can dissolve into each other and you can become for each other a sky in which to fly. The prison has disappeared; it is no more there.

And you may be under the open sky without love, totally free, untethered, but you are in a prison because you have nowhere to fly. This sky will not do. Birds fly in that sky, but you cannot. You need a different sky – the sky of consciousness. Only the other can give you that sky, the first taste of it. When the other opens for you and you move into the other, you can fly.

Love is freedom, but not total. If love becomes devotion, then it becomes total freedom. It means surrendering yourself completely. If you are nowhere, the beloved will be everywhere. If you are somewhere, then the beloved will be nowhere.

Excerpted from *The Book of Secrets*, Osho

→ See also osho.com/weeklymeditation



The OSHO Therapist: A Way of Being

This month Osho continues to answer questions about his vision of how to work with people (see *Interview* in Oct *OSHO Times*), and a participant shares her experience of the OSHO Therapist Training.

A therapist who is visiting the Meditation Resort says that everything is good in his work. “But,” he says, “sometimes I have a lot of self-doubt and wonder if my work is really more of an ego thing.”

That is a problem almost every therapist is facing in the West. It is not personal to you, so try to understand it very impersonally.

When somebody has an ego problem, how can you help? The problem exists inside you too. You can get totally involved with the person, you can tell him everything that is known to you about the ego, you can give him recipes, you can give him devices to get rid of it, but deep down you know that these things can't work because they have not worked for you.

So the therapist is living a kind of lie; he is pretending something to people. He has to; otherwise he will not be able to work. He has to keep a mask, not to allow people to see exactly what his situation is. But later on when you are alone, your mask will slip. Sometimes you will be able to see your face in the mirror and you will be worried. This worry will

become more and more as you become more successful, and this doubt will poison your whole being.

You can continue working as a therapist, but pay more attention to your own inner growth. Don't be fooled by your work. Sometimes that happens: when you start succeeding you can be fooled by it. You can think, “When I am helping so many people there must be something in me,” and then the ego can become even more strong.

I have come across thousands of therapists; this is a basic problem for everybody. You will have to give a little attention to yourself. You owe something to yourself too. If you can go deeper into your being you will be able to help. Then there will be no pretension, no lie, and the doubt will disappear.

When the doubt disappears miracles become possible, because whatsoever you say, you mean. It is out of your own experience – it is not borrowed. It has an authenticity, a truth, it is self-evident, and you can put it out with passion.

Excerpted from
Believing the Impossible before Breakfast, Osho

In my work as a therapist, I can get very attached to the methods I'm using. How can I work as a therapist in an egoless way?

Therapy is basically a function of love, and love flows only when there is no ego. You can help the other only to the extent that you are non-egoistic. The moment the ego enters, the other becomes defensive. The ego is aggressive; it creates an automatic urge in the other to be defensive. Love is non-aggressive. It helps the other to remain vulnerable, open, non-defensive.

So with ego you can't help. You may even destroy the other. In the name of help you may hinder his growth. The therapist has not to work at all. The therapist becomes just a vehicle for the energy of existence. He has just to be available like a hollow bamboo. The healer has to become just a passage.

The therapist is empty, just in tune with existence, and the energy starts flowing. And that energy is so vital, so rejuvenating, that sooner or later it destroys those China Walls the patient has built around himself. Then he has a glimpse of egolessness. That glimpse makes him healthy and whole; nothing else makes him healthy and whole.

My whole approach about therapy is that the therapist has to become instrumental to existence. I'm not saying don't know the know-how. Know the know-how! Learn psychotherapy, learn all kinds of therapies. Know whatsoever is possible to know, but don't cling to it. Put it there, and let existence be available through you. That's what love is.

Love relaxes the other. Love gives trust to the other. Love showers on the other, heals his wounds.

Excerpted from *Zen: The Path of Paradox*, Osho

My therapists are the best in the world, for the simple reason that other therapists are only therapists, they are not meditators. My therapists are meditators too.

Therapy is a superficial thing. It can help to clean the ground, but just to have a clean ground is not to have a garden. You will need something more. Therapy is negative; it simply takes away the weeds from the ground, removes the stones from the ground, prepares the soil for the garden. But there its work ends.

Any therapist, if he wants to become a real therapist, has to come to meditation, and he has to create a synthesis between therapy and meditation. Otherwise he is just doing half a job.

Excerpted from
The Light on the Path, Osho



The Gifts of the OSHO Therapist Training

In the September OSHO Times we interviewed Marcella about the way the OTT affected her work as a therapist. This month Angela relates how the OTT transformed her personally and changed the way she works in the corporate world.

There's a moment that comes when a light is switched on and you just *know* that something unfathomable has been undone. It cannot be explained. The OTT provided many such moments for me.

To be given the freedom of expression, to scream out to the top of my lungs all the pain, the anger and the joy of my past while being wrapped in a cradle of love is the greatest gift I ever received. It is beyond words to describe what occurs in this process and most wonderfully too. I no longer find the need to explain nor understand. I can simply trust; that everything was, and is, exactly as it should be.

I had trained in counselling many years before. I had learned the art of active listening, mirroring, summarizing. Effectively, I had learned the *doing* of counselling. During the OSHO Counselling Training, as I lay back, relaxed, made myself comfortable, and listened mostly to the triggers within my own body, I was somehow liberated from all that. There was no right or wrong *doing*, just a soothing encouragement that resonated with my own inner knowing. Here

I could see it was true; the main ingredient to therapy is love. And in its opening, the heart would work its magic with a wisdom that the mind cannot comprehend.

This was profound for me and translated into one evident change in my life. I was now able to relax and give the life-draining *Mother Theresa* in me a good and well needed rest. I had spent years living out the pattern that love was sacrifice and though I had come to know in my mind that this wasn't true, my heart couldn't grasp it. I had never found a way to stop



putting the wants of others before my own. In a training that's about supporting others, I found the permission and skills to support myself.

Of course, old habits do die hard, and I'm not entirely free from this conditioning. Recently, I gave up something to someone else, "out of love." Pa! Immediately after the opportunity was gone, I knew I'd been had; Mother Teresa had robbed me again. She's been my companion for a long time. But I can smile about it.

Ultimately, I know that she is one thread of an intricate and interwoven lattice that touches so many other conditionings. But in learning to be a witness to her, I become witness to them too. The healing of old wounds continues with this witnessing. Am I

ready to drop her completely? Would the lattice fall apart? There were times when it did, when some other thread was pulled away completely. But I'm grateful for what left and what remained.

The most transformative part of the process is meditation. Without such an extensive practice of meditation, I could not have enabled this practice of witnessing to enter my life as it has today. Meditation is the foundation, the summit and the cement in between this training. It was a constant reminder that I am not the story I tell, nor the emotions that arise, nor am I the conditioning that still continues to shape my life today.

The Evening Meeting provides the cool warmth of silence and celebration that permeates the skin and cuts to the core. It ushers my noisy mind as it tries relentlessly to understand what is going on. It escorts me into knowing that I am more than the accumulation of those past events – that I am, just this, now. I practice that meditation daily as I continue to watch my life story unfold. When my brother was killed last year, it was this meditation that sustained me and helped me to breathe, with joy, again.

There is so much more I could say. I could share about the bubble of love we created, holding the space, the respect we shared, the healing of those old wounds, the understanding of my fears of relating, the acceptance I found for myself and the deep friendships and love that was born from our acceptance of each other. I could go on and on. But really, all that I need to say is that I learned to love my own

"The OTT is not for the faint hearted. It is a deep, relentless and fervent probe into our conditioning, our nature, our truth. It can sometimes be difficult but I feel so blessed to have chosen this path. Each person will experience it differently, but no one who ventures into it can remain untouched or unchanged."

Angela

uniqueness and I will never betray that uniqueness again. I love me, and from this space. I have a lot to give.

The professional change has been from night into day. Now the human connection I had once yearned for is met in every situation. I place no limitation on this. I stand with two feet firmly on the ground, relaxed and aware of what is moving in me. I have no agenda, I am in no hurry to speak, I can allow the moment to unfold. I am listening to myself inside, and opening to the other. The words that roll from my tongue do so in complete trust that whatever arises will be authentic, if not always within the confines of what is considered to be professionally correct.

Recently I was sent to visit a disgruntled customer, a powerful man with a truly impressive fury. In the past such a visit would have caused me much stress. On this occasion, I was utterly relaxed and happy to meet the fellow. The two-day meeting was tremendous fun, and the contract was secured. All this came from that *space* I learned to cultivate in the OTT.

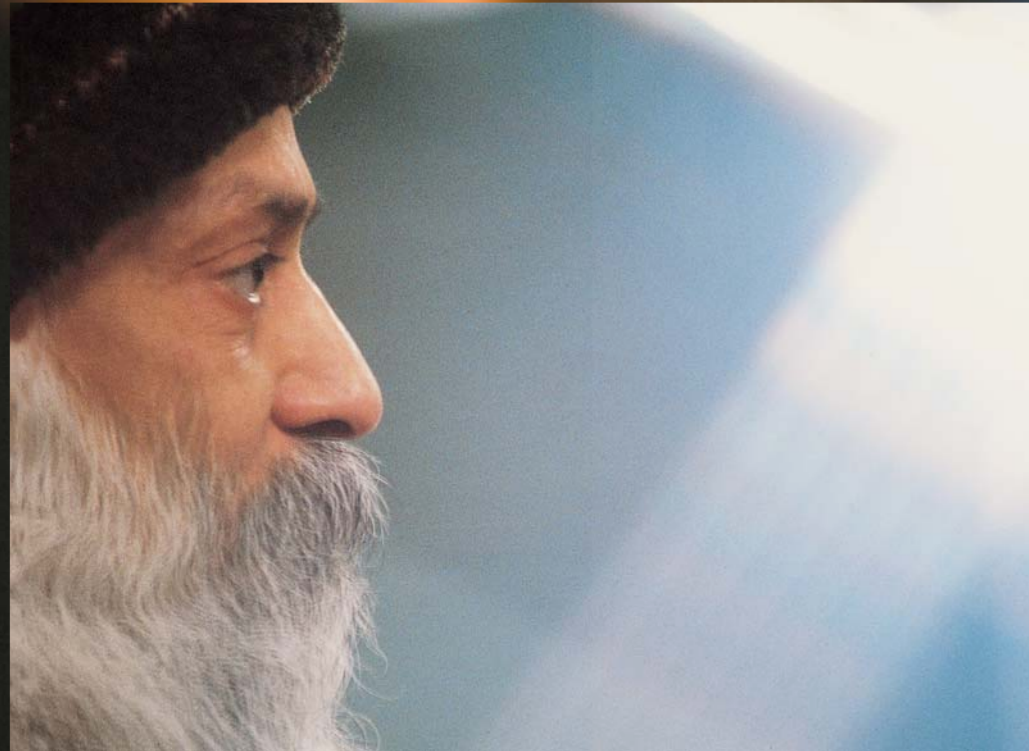
Gandha

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Science or Religiousness

Both are necessary to live a full life.

Science can never bring peace, joy or anything of real value to mankind. It can provide comforts, but all these comforts do is help us forget our misery for a while. Within a very short time we get used to them. We soon take them for granted and then we are miserable again. They suppress mankind's misery, they do not cure it. Then we seek new answers in even greater comforts. It is an endless merry-go-round. It causes neuroses, agony, misery, and ultimately culminates in madness.

Science can help improve things on the physical plane only. For example, pain is felt on the outside.

An outer remedy may appear to work, but in actual fact pain is not the source of human agony. Pain is simply the outer boundary of an inner agony: one's inner conflict. Outward remedies may help us escape from pain but they can never cure it. Because of the numbing effect of these outer remedies, the inner conflict goes on increasing.

Religion and science have long been each other's rivals. But this competition has not really been between religion and science. It has been a war of one mental state with another, of one human tendency with another.

The human mind swings from one state to another like a pendulum. One mental state simply gives birth to another, but the truth is not to be found in any of these conditions. Reality exists in between these mental states. Reality is only present when all conditions have dissolved, when all is still. Reality is only to be found in the absence of conditions. Life is never just one particular state on its own.

Science is research on the circumference, into man's environment. Religion is an inner inquiry, focused on the self. Science is concerned with the material world. Religion is concerned with godliness.

The exploration of the outer and the quest for the inner may at first appear to contradict each other, but they are really two faces in search of one total truth. The controversy only exists in man's imagination. Life is the totality of inner and outer. Science is the objective angle; religion, the subjective.

The reality of life can only be perceived by one who can view life from both perspectives, by one who is outwardly and inwardly calm, tranquil and still. Only a man who is free of opinions and preconceived ideas can see the unity and integrity of life. No one can ever experience the totality of life as long as he is bound by concepts and fixed ideas, because this fragmenting of life creates space for the ego. Where there are no points of view, no concepts, no ideas, there is no ego, no *I*. Then what is, simply is. That is truth.

All the miraculous discoveries of science have simply given man great power, reinforced the circumference, added more fuel to the already blazing fire. This desire for self-destruction that mankind continues to display is not without cause. Man's outward quest has not brought him anything satisfying or substantial, and this may be the underlying reason behind his desire for the total destruction of the world.

Despite everything he has at his disposal man is exactly where he has always been. His life is empty, aimless. Man's life is pointless because he does not know life at all. What he knows as *life* is pointless. It is not worth living.

Only a man who lives in love and beauty can really reach his inner core. Denying the outer only brings sorrow and frustration, and the resulting conflict carries with it inertia and stagnation. When this happens it is impossible to attain to one's innermost being.

Life is a unity, a merger, a rhythm of subject and object. Life only exists in peace, serenity and simplicity. And these only grow out of awareness – awareness towards life, awareness of what really is. Awareness is the lack of ignorance. Awareness is consciousness. In a state of total awareness there is a constant flow from the object on the circumference to the subject in the center. That search is neither subjective nor objective. This is the authentic quest.

Excerpted from
The Long, the Short and the All, Osho

→ See also
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Real Courage

Bliss needs great courage. The first courage is not to follow the crowd; otherwise you will remain miserable because they are all miserable. They want you to follow their ideology, their conventions, their religion, their culture. Every crowd is dictatorial, totalitarian. Every crowd is against freedom, against individuality, against truth, against everything that is valuable. So the first courage is to be an individual.

Excerpted from *The Golden Wind*, Osho

What Is Courage?

Courage is not about exceptional acts. It is about daring to live life moment to moment, in innocence and wonder, every day.

There is only one courage, and that is the courage to go on dying to the past – not to collect it, not to accumulate it, not to cling to it. We all cling to the past, and because we cling to the past we become unavailable to the present. And the mind has reasons, valid reasons, for clinging to the past.

Mind itself is the past. Just look at your mind. It is nothing but the past: all that you have read, listened to, experienced, observed, all that has been. Mind never is; it consists of the past tense. So naturally mind feeds on the past, it clings to the past because that gives it strength, power, energy, life. But the more the past accumulates around you, the more you become like a mirror covered with layers of dust.

Of course the past is comfortable. It feels cozy because you are well-acquainted with it. You know it perfectly well, so you know how to deal with it. You are skillful with it, you are artful with it. Your whole intelligence depends on it. To drop it will mean you will have to learn again and again, and that is inconvenient, uncomfortable.

To drop the past will mean you will have to become a child every day, and your ego wants to be an adult not a child. Your ego wants to pile up the past and sit up on it so that it looks higher than others. Without the past you will always remain a child with no knowledge, but full of wonder, of awe.

The only courage is to drop the known and to

move into the unknown. And it has not to be done only once, it has to be done every moment. It is not a question that once done it is done forever. You have to do it every moment, every day, till the very last moment of your life when you are dying on your bed. Then too you have to continue the process of dying to the past so that you can live each moment with pristine clarity, with no dust on your mirror. When you can reflect the present as it is you know what god is. God is another name for that which is.

Courage means courage to drop knowledge, courage to be innocent again, courage to function from a state of not-knowing. I don't know of any other courage.

Courage means courage to drop knowledge, courage to be innocent again, courage to function from a state of not-knowing. I don't know of any other courage. When I use the word *courage* I don't mean the courage of a soldier. That is just stupidity, not courage.

When I use the word *courage* I don't mean the courage of a soldier. That is just stupidity, not courage. That is forced. You have to train a soldier so that he becomes dull. Hence soldiers become unintelligent people. The whole process of the army is to destroy intelligence because an intelligent person will not be able to kill. An intelligent person will ask a thousand and one questions before killing somebody for no reason at all.

An Indian killing a Pakistani whom he had never met before, whom he had never seen before, with whom there is no enmity, and a Pakistani killing an Indian for no reason at all, who has not done any harm to him.... If they were a little bit intelligent

would they be able to do it? Would the Indian or the Pakistani be able to do it without thinking of this man's wife who is waiting at home just as his wife is waiting at home for him, and his small children are waiting just as his small children are waiting for him, and his old mother and his old father who depend on him just as his mother and his father depend on him? Would he be able to do this stupidity of killing or being killed?

Wars can exist only if soldiers are conditioned in such a way that they lose all intelligence. That's why unintelligent training has to be forced on them for years. The soldier goes on doing things which make no sense, for years.

This is not courage. This is simply dullness, stupidity – thickness of the head. Their intelligence has been completely destroyed. They have been conditioned to be robots. A meditator needs a totally different kind of courage.

Courage to me means courage to be intelligent against this unintelligent crowd that surrounds you. Courage means fearlessness. Society will try in every way to force you according to its ideas. It is better to suffer than to compromise, because through suffering

your soul will be born. Through compromise you may save your skin but your soul will be lost.

Courage means to be an individual; not to be a sheep but to be a lion. Courage means the capacity to assert: "I am myself, and my life is my life, and I am going to live it in my way. I am not here to live according to others, and I won't allow anybody to dictate to me how I should live, what I should do. I will live according to my light whatsoever the cost, even if I go astray." It is better to go to hell by your own decision rather than to go to heaven by somebody else's order, because then heaven will be slavery.

Courage means the courage to be free. Courage means freedom. If you reduce it to the essential core it is dying to the past. If you die to the past you die to the tradition you are born in, you die to the religion you are born in, you die to the society you are born in, you die to the whole past, you die to history and time. You are born anew – a new human being who belongs to no race, to no country, to no religion, but who belongs to existence – a religious person but not a Christian, not a Hindu, not a Mohammedan.

Excerpted from
Walking in Zen, Sitting in Zen, Osho

Courage is the capacity to assert: "I am myself, and my life is my life, and I am going to live it my way. I am not here to live according to others, and I won't allow anybody to dictate how I should live, what I should do. I will live according to my light whatsoever the cost."

Courage is never of the mind, it is always of the heart. Minds are cowards; hearts are courageous. Minds are always conformist, conventional, because mind is nothing but the past – memories. It has no idea of anything new, unknown; it can't have.

Only the heart can penetrate the unknown, only the heart can move into the uncharted. Hence the word *courage* is beautiful. If we go to its root, it means a quality of the heart.

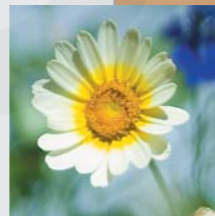
Love is the quality of the heart. Love is courage and love is richness. Logic is poor. However skillful one becomes in logic,

one remains poor. Scholars and professors are the poorest people in the world. Only lovers know the richness of existence, the poetry, the music, the creativity of life.

Love is the source of all that is good, all that is worthwhile, all that is meaningful, significant. Love gives dignity, glory, and opens the doors to the mysteries. Love is the master key. It can unlock all the locks. It can help you enter into the innermost shrine of the divine.

Let love become your life.

Excerpted from
Even Bein' Gawd Ain't a Bed of Roses, Osho



Courage means going into the unknown in spite of all the fears.

Courage does not mean fearlessness. Fearlessness happens if you go on being courageous and more courageous. The ultimate experience of courage is fearlessness; that is the fragrance when courage has become absolute.

In the beginning there is not much difference between the coward and the courageous person. The only difference is, the coward listens to his fears and follows them, and the courageous person puts them aside and goes ahead. The courageous person goes into the unknown in spite of all the fears.

When you go into the uncharted sea like Columbus did, there is immense fear because one never knows what is going to happen. You are leaving the shore of safety. You were perfectly okay in a way; only one thing was missing – adventure. Going into the unknown gives you a thrill. The heart starts pulsating again. Every fiber of your being is alive because

you have accepted the challenge of the unknown.

To accept the challenge of the unknown in spite of all fears, is courage. The fears are there but if you go on accepting the challenge again and again, slowly, slowly those fears disappear. The experience of the joy that the unknown brings, the great ecstasy that starts happening with the unknown, makes you strong enough, gives you a certain integrity, makes your intelligence sharp. For the first time you start feeling that life is not just boredom but an adventure. Slowly, slowly fears disappear.

Basically courage is risking the known for the unknown, the familiar for the unfamiliar, the comfortable for the uncomfortable arduous pilgrimage to some unknown destination. One never knows whether one will be able to make it or not. It is gambling, but only gamblers know what life is.

Excerpted from
Come, Come, Yet Again Come, Osho



You have to learn to function in all kinds of situations – in the marketplace, in the monastery; with people in the crowd or alone in a cave; with friends or with enemies; with family, familiar people and with strangers; with men and with animals. In all kinds of situations, in all kinds of challenges, you have to learn to function in compassion, in meditation – because all these experiences of different situations will make your buddha consciousness more and more ripe.

Don't escape from any situation – if you escape, then something will remain missing in you. Then your consciousness will not be that ripe, will not be that rich. Live life in its multidimensionality. Live life in its totality.

Living in the world, don't be of it. Live in the world like a lotus flower in water. It lives in water, but the water touches it not. Only then will consciousness flower in you, bloom in you. Only then will you come to know the ultimate consciousness which is freedom, which is joy, eternal joy, which is benediction. Not to know it is to miss the whole point of life; to know it is the only goal. The only goal – remember it.

It is the greatest adventure there is. It is a call and a challenge to all those who have any courage, any guts, any intelligence. It is not for cowards, it is for people who want to live dangerously.

Excerpted from
The Book of Wisdom, Osho



Have a Giggle

Are you ready to take responsibility for having fun, for enjoying the gift of your life?



Make your life an aesthetic experience. Not much is needed to make it an aesthetic experience; just an aesthetic consciousness, a sensitive soul. Become more sensitive, more sensuous, and you will become more spiritual.

Priests have almost poisoned your body into a state of death. You are carrying paralyzed bodies and paralyzed minds and paralyzed souls – you are moving on crutches. Throw away all those crutches! Even if you have to fall and crawl on the ground, that is better than clinging to crutches.

Experience life in all possible ways – good/bad, bitter/sweet, dark/light, summer/winter. Experience all the dualities. Don't be afraid of experience, because the more experience you have, the more mature you become. Search for all possible alternatives, move in

all directions, be a wanderer, a vagabond of the world of life and existence. Don't miss any opportunity to live.

And don't look back. Only fools think of the past – fools who do not have the intelligence to live in the present. Only fools imagine about the future, because they don't have the courage to live in the present. Forget the past. Forget the future. This moment is all. This moment has to become your prayer, your love, your life, your death, your everything. This is it.

Live courageously, don't be cowards. Don't think of consequences; only cowards think of consequences. Don't be too result-oriented; people who are result-oriented miss life. Don't think of goals, because goals are always in the future and far away, and life is herenow, close by.

And don't be too purposive. Let me repeat it: don't be too purposive. Don't always bring in the idea, "What is the purpose of it?" because that is a strategy

created by your enemies, by the enemies of humanity, to poison your very source of life. Ask the question, "What is the purpose of it?" and everything becomes meaningless.

It is early morning, the sun is rising and the east is red with the sun. The birds are singing and the trees are waking up. It is all joy, it is a rejoicing. A new day has happened again and you are standing there asking, "What is the purpose of it?" You miss, you miss it totally. You are simply disconnected.

A roseflower is dancing in the wind, so delicate and yet so strong, so soft yet fighting with the strong wind, so momentary yet so confident. Look at the roseflower. Have you ever seen any roseflower nervous? So confident, so utterly confident, as if it is going to be here forever...just a moment's existence, and such trust in eternity. Dancing in the wind, whispering with the wind, sending out its fragrance – and you are

Life is simply enjoying itself, delighting in itself. Energy is overflowing, dancing, for no purpose at all. It is not a performance, it is not a business. Life is a love affair, it is poetry, it is music. Don't ask ugly questions like, "What is the purpose?" because the moment you ask it, you disconnect yourself from life. Life cannot be bridged by philosophical questions. Philosophy has to be put aside.

Be poets of life, singers, musicians, dancers, lovers, and you will know the real philosophy of life.

If you know how to live...and it is a simple art. The trees are living and nobody is there to teach them. In fact they must be laughing; seeing that you have asked such a question, they must be giggling – you may not be able to hear their giggle.

Excerpted from
The Book of Wisdom, Osho

Live more playfully, less seriously. Be flexible. Grow a sense of humor. If you can have a deep laughter from your very roots once in a while, it will give you freshness, new vitality, new energy to move mountains.

standing there asking the question, "What is the purpose of it?"

You fall in love with a woman and ask the question,

"What is the purpose of it?" You are holding the hand of your beloved or your friend, and asking the question, "What is the purpose of it?" You may still be holding hands, but now life has disappeared; your hand is dead.

Raise the question, "What is the purpose?" and everything is destroyed. Let me tell you, there is no purpose in life. Life is its own purpose. It is not a means to some end, it is an end unto itself. The bird on the wing, the rose in the wind, the sun rising in the morning, the stars in the night, a man falling in love with a woman, a child playing on the street... there is no purpose.

The functioning of the mind is such that no prohibition can ever be successful. Prohibition becomes provocation, it becomes a challenge. Somebody telling you not to do something makes it attractive. It can become an obsession. Don't create obsessions in your life. Don't be rigid; these are the qualities of the dead. Live more playfully, less seriously. Be flexible. Grow a sense of humor so that you can remain protected from all kinds of dark nights, dark holes. Your sense of humor will protect you.

If you can have a deep laughter, from your very roots once in a while, it will give you freshness, new vitality, new energy to move mountains.

Ten thousand years we have lived without understanding the subtle workings of the mind. Hence every religion says, "Don't do this," and creates the world that you see. This is the world created by people who have been telling you, "Don't do this, don't do that." And those are the things which are being done!

Life reacts with tremendous force against any denial, and you are caught in a very difficult crisis. If you follow life you cannot follow your holy scriptures, and that will create guilt in you...and to go on collecting guilt is like growing a spiritual cancer within yourself. If you follow these commandments in the scriptures you are going against your nature, against life itself. So there is not going to be any fulfilment, there is not going to be any joy; there is only going to be darkness, misery.

Slowly, slowly you start feeling a kind of death happening to you, because life is not being allowed to live in its totality. Death is bound to fill the gaps where life has not been allowed to blossom.



Every man is carrying within himself so many poisonous, life-negative ideas that everybody is in a limbo, just hanging in between.

Neither can he do what life wants him to do – fully, completely, not holding anything back – nor can he repress. You are nature; who is going to repress? You will have to divide yourself into two parts. You will have to create classes within yourself. There are people who are thinking of creating a classless society – without knowing at all that inside, man as an individual is divided into classes.

It is your freedom to be miserable or to be blissful, to remain in darkness or to live a life of light. This is the prerogative of human beings. Saviors have existed because we wanted somebody else to do this work of spiritual growth for us. Nobody else can do it.

The saviors are cheating you. To say to somebody, “I am going to save you,” means that the person stops his search and becomes only a shadow. He follows you. And remember, existence does not accept carbon

copies; it needs the original. You have to take the whole responsibility for your life.

And it is not a burden. In fact, freedom can never be a burden. The moment you accept total responsibility, you become free to be whatever your nature demands, to be whatever your nature deserves. And only when you fulfill your destiny – alone – finding your path, risking everything for the search, then life is no more vegetating. Then life is a song, a dance, a deep ecstasy.

To me, fearlessness, courageousness is the foundational quality of a religious man. He will risk all, but he cannot go against his own insight. Whatever the consequences, he will follow his own insight. This is how he becomes stronger and stronger, more and more like steel, so that even fire cannot destroy him.

Excerpted from *Sermons in Stones*, Osho

It is your freedom to be miserable or to be blissful, to remain in darkness or to live a life of light. Saviors have existed because we wanted somebody else to do this work of spiritual growth for us. Nobody else can do it.

Whenever there is a challenge, welcome it, don't avoid it. And whenever there is an adventure, don't escape. Go on the journey, go on the trip. Nobody ever loses anything by being adventurous.

Ordinarily people accept the life of security, of no adventure. A good job, a good house, a good wife, a good husband and good children – and people are satisfied. People are satisfied in living and dying comfortably, as if comfort is the goal. Then they never grow, then they never achieve any peaks, then they never achieve what Maslow calls *actualization*. They remain just possibilities.

It is as if a seed has chosen to hide in the house and is not ready to go into the adventure of falling into the soil. It is dangerous, because the seed does not know what will happen when he has disappeared. How can the seed know? The tree may happen or may not happen.

Don't be confined to the comfortable, to the familiar, to the secure. Don't base your philosophy on the promises of a life insurance company. Have a little more courage, move into the unknown.

Excerpted from *The Discipline of Transcendence*, Osho

Start With the Basics

The courage to face the world begins with recognizing who you are.

What is the fear of knowing oneself? The fear is that perhaps one is a bad person. The fear is that we may discover that we are a bad person after having cultivated an image of being a good person. We appear to be a good person – we are saintly, we are innocent, we are authentic, we are truthful. Our fear is that we may realize that inside we are inauthentic and false. We are afraid of finding out that we are irreligious, complicated, cunning, hypocritical, unsaintly. The fear is that the image of ourselves – what we think ourselves to be – may turn out to be false.

A person who is afraid in this way can never encounter the mind. It is very easy to go into the forests, it is easy to go into darkness, it is easy to sit fearlessly in front of wild animals, but it is very difficult to stand fearlessly in front of the wild man that is hidden within you. It is very arduous. It is not at all arduous to stand for years in the sun, any fool can do that. It is not difficult to stand on your head, any idiot can be taught such circus games. And it is not very difficult to lie down on thorns – the skin adjusts to the thorns very soon. If there is one thing that is really arduous, it is the courage to have an immediate knowing of however one is within, whether bad or mad, however

one is. So the first thing is to drop fear and to get ready to see oneself courageously.

One who does not have this courage is in trouble. We are interested in attaining the soul, we are interested in knowing existence, but we do not have the courage to have a direct and simple encounter with ourselves. The soul and existence are very far away. The first reality is our mind, our brain. The first reality is the thought center with which we are most closely related. One has to see it, know it, recognize it, first. The first thing is the effort to know one's own mind in aloneness, without fear.

For at least half an hour every day, give your mind a chance to express itself as it is. Close yourself in a room, like an emperor, and give total freedom to your mind. Tell it, “Whatever you want to think, to contemplate, let it happen.” Drop all the censoring of yourself that has prevented things from surfacing – drop all that. Give your mind the freedom to allow whatever arises to arise; to allow whatever appears to appear. Don't stop or suppress anything. You are ready to know what is inside.

Excerpted from *The Inner Journey*, Osho



The Courage to Love

Out of fear we create contracts and conditions around love. What we do to protect love simply kills it. It takes courage to let love grow.



You cannot love someone who is not free because love is beautiful only when it is given freely, when it is not taken and demanded and forced.

But first you make security arrangements, then the person becomes dead, becomes like an object. A beloved may be a person, a wife becomes an object; a beloved may be a person, a husband becomes an object to be guarded, possessed, controlled. The more you control, the more you are killing, because freedom is lost. How can you love a person who possesses you? He looks like an enemy.

If you love a person, the very love is enough guarantee, the very love is enough security. If you love a person, you know he cannot go to anybody else. And if he goes, he goes; nothing can be done. What can you do? You can kill the person, but a dead person will not be of much use.

If you love someone and your depth speaks to the other's depth – you have a meeting in being – it is okay, beautiful. If it is not happening, separate. But don't create any conflict, struggle or fight for it, because it cannot be achieved through fight. And time is lost – and not only time, your capacity will be damaged. You may start again with another person, repeating the whole pattern.

If there is no trust, separate – the sooner, the better – so you are not destroyed, so you are not damaged, so your capacity to love remains fresh and you can love somebody else. This is not the place, this is not the man, this is not the woman for you. Move, but don't destroy each other.

As far as love is concerned, so much is to be done for everyone and so little time is left to do it. Don't waste your energy in fighting, jealousy, conflict; move, and move in a friendly way. Search somewhere else for the person who exists, who will love you.

Don't get fixed with someone who is wrong, someone who is not for you. Don't be angry, there is

no point in it, and don't try to force trust. Nobody can force it, it never happens. You will miss the time, you will miss the energy, and you may only become aware when nothing can be done. Move. Either trust or move.

Love always trusts, or if it finds that the trust is not possible it simply moves in a friendly way; there is no conflict and fight.

Go on discovering love within you. And if you love, sooner or later the person will happen to you, because a loving heart, sooner or later, comes to a loving heart – it always happens. You will find the right person. But if you are jealous you will not find, if you are simply for sex you will not find, if you live only for security you will not find.

Love is a dangerous path and only those who have courage can travel it.

Excerpted from *A Bird on the Wing*, Osho

First you make security arrangements, then the person becomes like an object. A beloved may be a person, a wife becomes an object. A lover may be a person, a husband becomes an object – to be guarded, possessed, controlled. How can you love a person who possesses you?

You need love. You need a lover. And you need courage to move into it.

It is difficult to move into love – there are very hidden fears in it. Love creates as much fear as nothing else can because the moment you start approaching the other you have to go outside yourself. And who knows? The other may accept you or may reject you. The fear arises. You start feeling hesitant – whether to take the move or not, whether to approach the other or not.

All over the world, the cowardly ages of the past have decided for marriage instead of love because if people were left open to love, very few people would be able to love. Most would die without love; they would live and drag out their lives without love, because love is dangerous.

The moment you start moving towards somebody else, you are coming close to colliding with another world. Who knows if your approach will be accepted or rejected? How can you be certain the other is going to say yes to your need and to your desire? That the other is going to be compassionate, loving? How do you know? He may reject you. He may say no. You may say, "I love you," but what is the guarantee that he will also feel love for you? He may not. There is no necessity for it. The fear of rejection is very shattering, so cunning and clever people decide not to move at all.

Keep to yourself, then at least you are not rejected. And you can go on enhancing your ego with the idea that nobody has ever rejected you, even though that ego is absolutely impotent and is not enough to fulfil you.



It is part of the ugly structure of society that each child comes to feel that he is not accepted for himself. And that creates a deep self-rejection. If you don't fall in love, if you don't find lovers and friends who can accept you, you will remain with that rejection your whole life. Love is a must.

You need to be needed; you need somebody to accept you; you need somebody to love you because only when somebody else loves you, will you be able to love yourself, not before. When somebody accepts you, you will be able to accept yourself, not before. When somebody else feels happy with you, you will start feeling happy with yourself, not before.

Each relationship is a mirror. It reflects you. How can you know yourself without the mirror? There is no way. Others' eyes become mirror-like, and when somebody loves you, that mirror is very, very sympathetic towards you, very, very happy with you, delighted with you. In those delighted eyes you are reflected, and for the first time a certain acceptability arises. Otherwise you have been rejected from the very beginning.

It is part of the ugly structure of society that each child comes to feel that he is not accepted for himself. If he does something good – of course, whatsoever the parents think is good – if he does that, he is accepted. If he does something wrong – what the parents think is wrong – he is rejected. The child sooner or later starts feeling, "I am not accepted for myself, not as I am, not intrinsically, but for what I do. Not my being is loved but my doing." And that creates a deep self-rejection. He starts hating himself.

If you don't fall in love, if you don't find lovers and friends who can accept you, you will remain with that rejection your whole life. Love is a must. You must move through it. You can come out of it one day, you can transcend it one day – it has to be transcended – but how can you transcend it if you never enter into it?

Yes, there is fear – you may be rejected – but don't be afraid of that fear. That risk has to be taken, only then somebody will come and accept you. If you knock at a hundred doors and ninety-nine remain closed, don't be afraid – one will open. Somebody is waiting for you. Somebody will be fulfilled through you, and you will be fulfilled through somebody. Somebody is waiting to become a mirror for you, because somebody is waiting to make you a mirror for himself. And there is no other way to find out

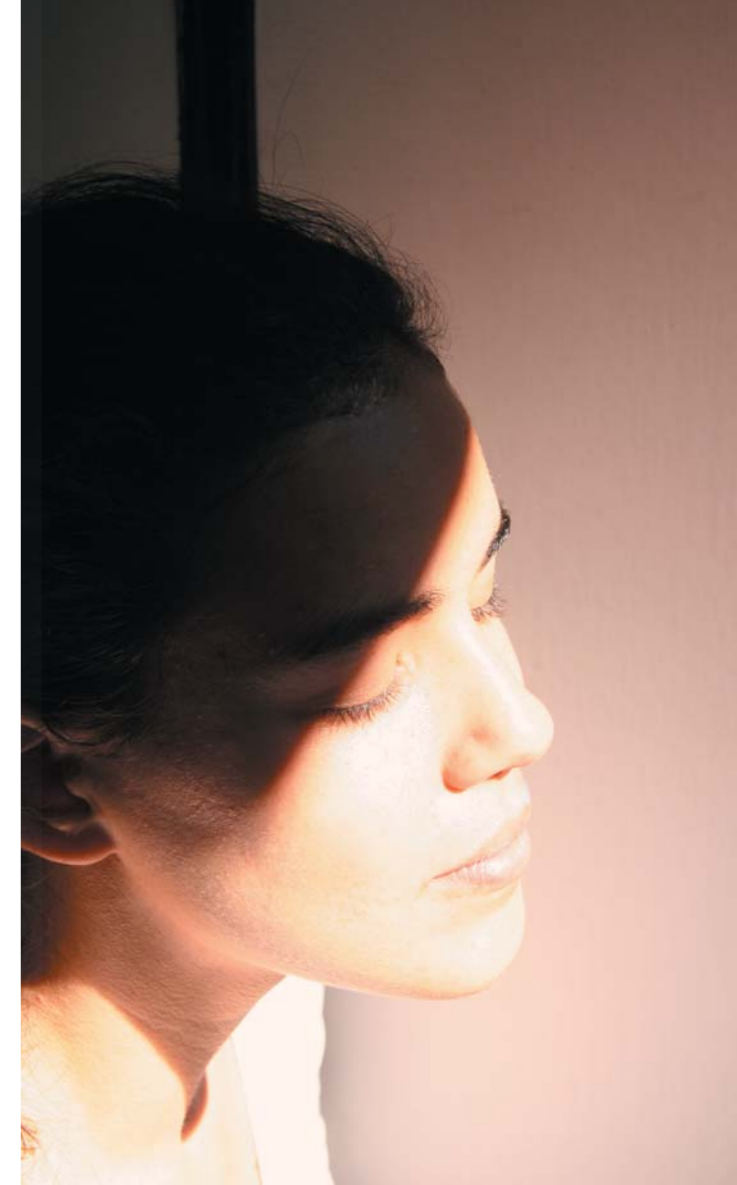
who that one is than to go on knocking, groping.

It is risky, but life is risky. So very clever people miss life, they never take the risk. Afraid of falling, they never walk; afraid of drowning, they never swim; afraid of rejection, they never move in love; afraid of failure, they never make any effort to succeed in anything. Their life is not life at all. Their whole life is nothing but a gradual death.

Live, and live intensely, and don't take it as a personal offence if somebody cannot love you – there is no necessity. You were ready, you were available. If the other is not willing, that is for him to decide. Don't make it a wound, it is not. It simply says that you two don't fit – that's all. It doesn't say anything about you or about the other. Don't say that the other is wrong, and don't think that it is because you are wrong that you are not accepted. It is just that you could not fit.

There are so many beautiful people in the world, why remain with yourself? Walk a few steps with somebody. Feel that rhythm also. That rhythm will satisfy you and the urge will disappear. And when the urge disappears, your meditation will be first in the hierarchy. Meditation can be first in the hierarchy only if you have not been denying yourself that which is natural.

Excerpted from
Dang Dang Doko Dang, Osho



Many people are trying movies to learn about love. Many people go on trying pornographic literature to know about love. Many people go on reading novels and poetry and others' love letters in order to know about love. Yes, there is a danger that you may come to know many things about love, but to know about love is not to know love.

Love can be known only by loving. It means you have to move into love without knowing anything about it. That's why it needs courage. You have to move in the dark, with no map, nobody to guide, not even a torch. You have to move in the dark, not knowing where you are moving, not knowing whether you are on the right track or not, not knowing whether you will find the path or you will fall in a ditch and be lost forever. This is courage.

Love has many flavours, many dimensions, many nuances. Love is not one single thing. It is tremendously rich. It is multi-faceted like a diamond. It has many facets, and every facet gives it richness.

Only one who has loved in many ways, one who has loved, lived courageously, dangerously, one who knows all the flavors of love.... Not even a clue is possible for others.

You will have to move into the world of love; and don't ask how. You will have to move into the dark; and don't ask for a map – because that very asking is against love. That's why trust is needed. On the path of love, trust is the most essential thing.

Excerpted from *The Beloved*, Osho



In a Few Words

These qualities are expressions of true courage.
Which ones can you recognize in your own life?

Man lives in problems, man lives in misery. To **live without problems**, to live without misery, needs real courage.

Cunningness is cowardice, **intelligence** is courage. And the greatest courage in the world is to be exactly what your consciousness says to you to be. And the greatest cowardice in the world is to follow others, to imitate others.

Only the courageous can love. **Love** is the greatest courage in the world – because it cannot depend on anything else, it has to depend on a hunch, it has to depend on intuition; it cannot depend on intellect.

To be alone is the only real revolution. Real courage is the courage to be **alone**. It means a conscious realization of the fact that you are alone and you cannot be otherwise. You can either deceive yourself or you can live with this fact.

This will be real courage: **facing life**, not escaping from life, and also making every effort to evolve your consciousness – not allowing life to create obstructions.

A love which is open-ended creates fear because one never knows where it is going to land you. To **remain open-ended**, to remain in love without creating a relationship, takes real courage. If you have that courage, love will come in a thousand and one ways, will sing a thousand and one songs in your heart, will dance in a thousand and one ways in your being.

Godliness is your very consciousness, your very being, your very existence. But for that, this courage is needed – courage to be alone, courage to drop the attachment to the crowd, courage to drop ambitions, projections, courage to be a non-entity. Be courageous. And let me repeat: the greatest courage is to **be non-ambitious**.

Each moment the courageous man goes on **dropping the known**. That's what real courage is. Whatsoever is known has to be dropped. You have lived it, you have experienced it; there is no need to cling to it. Clinging to it will prevent the new from happening.

The mind is always hankering for something or other. The mind can never be satisfied. With the mind there is no satisfaction, never! It is dissatisfaction. One becomes mature only when one drops all hopes and starts living in the moment with **no hope**; that is real courage. Then whatsoever is, one makes the best out of it.

The heart cannot exist without the head and the head cannot exist without the heart. They are the positive and the negative, yin and yang. Life consists of polar opposites – and whenever you choose one against the other you will only be half, you will never be total. The greatest courage is to accept the **polar opposites**.

Courage is certainly essential for a leap into the void. It is only through emptiness that we can attain truth. And in emptiness, there can be nothing to cling on to. The courage to **leap into the void** is man's only true courage, and those who cannot summon up the strength to enter the void remain unfulfilled.

Civilization has chosen to deny, to say no to many things. Civilization is not courageous enough to accept everything that life gives. The greatest courage in the world is to **accept** all that life gives to you. And this is what I am trying to help you towards, to accept all that life gives you and accept it in deep humbleness, as a gift.

A man really becomes a man when he accepts **total responsibility** for whatsoever he is. This is the first courage, the greatest courage. It is very difficult to accept it, because the mind goes on saying: "If you are responsible, why do you create it?" To avoid this we say that somebody else is responsible.

Meditation is the greatest courage and the greatest adventure.

All excerpts are from OSHO books



→ See also
osho.com/library

OSHO Media International

New Books for a New World

After several years of preparation, a new international publishing imprint *OSHO Media International* will start releasing books by Osho in the international English book market.

Osho International has recently entered into a worldwide distribution agreement with Publisher Group Worldwide, a distribution unit of the Perseus Publishing Group in the US to distribute our award winning books worldwide in the English language.

David Alexander, the publisher of this new imprint, first published books by Osho in 1993 under the Element Imprint in the UK. He expressed his excitement about the upcoming launch date: "I've been reading Osho for many years, and now we will be able to bring these jewels to a wider market place than ever. Once again Osho has an international imprint for his work which does not depend on personal likings or dislikings of an editor at a publishing house. We can now release books by Osho which many publishing houses rejected for many years as 'too controversial' and now make them available directly to a worldwide audience."

This publishing program is as a long term project, feeding not only the book market in English speaking countries, but also distributing to non-English speaking countries where people like to read Osho in the original English.



David Alexander is the publisher of a new international imprint for Osho's books.

The list will become what is called a *back-list* in publishing, bringing Osho's beautiful classic works back into print. Many of them have been out of print for some time. Some have just been translated from Hindi and will be available for the first time in English.

The new list will have to compete for shelf space in book stores in a tough book market. However, Osho has now become an international bestselling author with books in 54 languages, and the expanding market for English books will bring these books to an ever-increasing number of people interested in Osho and his proposal.

The lead title of the first series, *The God Conspiracy* exposes the history-old conspiracy of the politician and the priest against joy, pleasure, comfort and luxury. The politician would touch the feet of the priest, and the priest enforced a certain kind of society on people – all in the name of god.

Osho points out that the discussion about belief or disbelief in god is a dead end in itself. Experiencing, not believing, is the way to find truth and meaning.

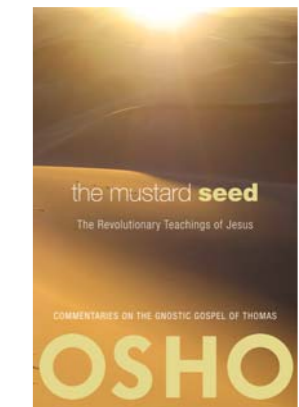
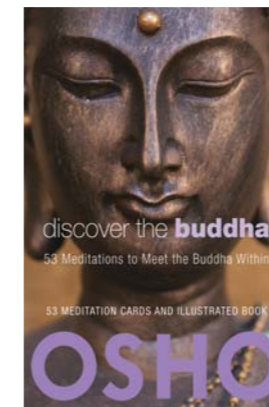
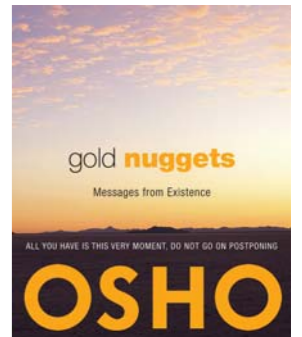
Friedrich Nietzsche's declaration that "God is dead, therefore man is free" was an incredible step in understanding. However it is in itself a negative solution and has not brought freedom. Simply removing god is not enough to achieve freedom. The atheistic philosophy of Communism has shown the endless abyss of meaninglessness – a vacuum that will be filled again and again with false meaning.

Osho offers something of which Nietzsche was unaware: meditation – a direct connection with existence itself.

Zen and meditation allow one to find meaning and significance, creativity, receptivity and a path to freedom. Zen has no god. It is a tremendous science to transform our consciousness, to bring so much awareness that it is impossible to commit evil. It is not imposed through commandments; it comes rather from our innermost being and understanding.

The Book of Wisdom, Gold Nuggets and The Mustard Seed are other jewels in the first series of releases in early 2009. A new edition of the Buddha Deck called *Discover the Buddha* is a gift item, which contains Osho's extraordinary transformation of Buddha's wisdom into modern terms.

The first series of five titles will be released in the spring of 2009 and can be ordered throughout the world. The *OSHO Times* and the OSHO International Newsletter will give regular updates about this development, including individual book releases.



As part of Perseus, Publishers Group West (PGW) is the largest book sales and distribution company in the United States, representing over 100 client publishers.

The new OSHO Media International imprint will be distributed by them around the globe.



Look for news about the English-language releases in the on-line catalog at www.osho.com/shop and in the monthly OSHO newsletters.

THE BEST PLACE TO BE

More and more mainstream magazines and newspapers are appreciating the unique qualities of the OSHO International Meditation Resort. They rave about the spectacular OSHO Auditorium and revolutionary OSHO Meditations, as well as the extraordinary facilities available for relaxation and personal transformation.



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01 OSHO INTERNATIONAL MEDITATION RESORT, INDIA



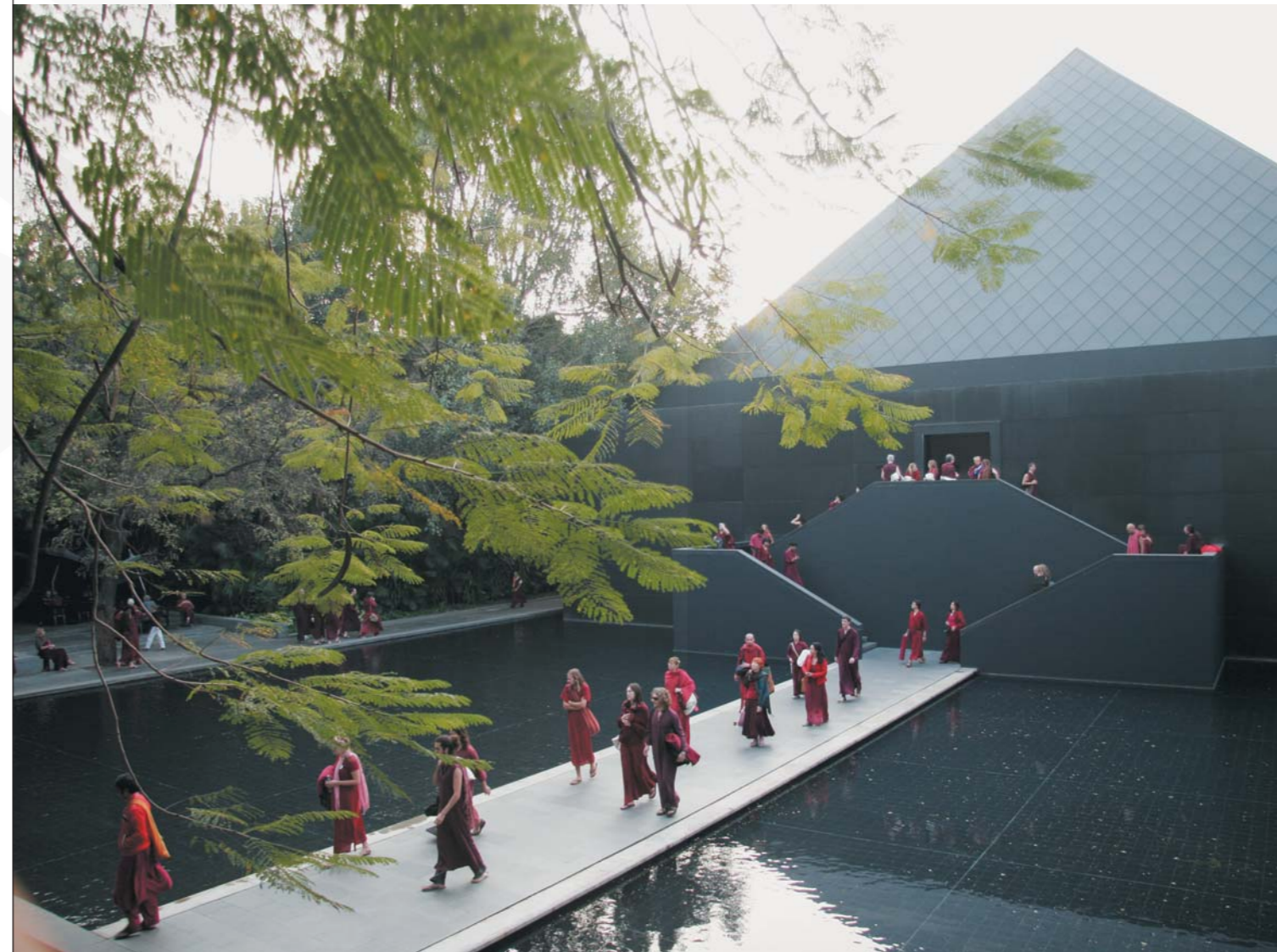
Drop your mask and discover your authentic self within at the world's largest meditation resort. Since the seventies, thousands have traveled to this multiversity, one of the world's most stunning meditation wellness destinations. Picture marble footpaths, Zen gardens, waterfalls and organic vegetarian restaurants and cafés. Founded by Osho, the intention is to teach people how to be more present and aware and still today the resort is highly regarded for its revolutionary approach to meditation. Personal growth workshops run from one-day emotion-releasing session to week-long residential silent meditations and life transforming sessions. OSHO Dynamic Meditation begins at six am with several meditation and dancing sessions held throughout the day. Discourse rounds the day up at seven pm, Stay at the OSHO Guest House on the grounds or at several of the affordable hotels and apartments surrounding the resort. The OSHO Multiversity also offers eastern and western therapies, esoteric sciences and mind-body therapies inspired by Sufism and Tantra. www.osho.com

IMPRESSIONS

The Best Place to Be

If you are interested in being happy, this is the place for you. Some inner search that you may not be aware of has brought you here. The heart may have brought you here. And when you are here, be really here. Don't miss this opportunity.


Osho





Eat, sleep, walk, dance, love, swim. These are the things to do, and do them in utter benediction, prayerfully. Who knows? – tomorrow you may not be here and the river will be flowing and you will not be able to swim. The birds will sing and the flowers bloom, and you will not be here to see them, to smell them. So do it while you are here! This earth is such a celebration and you are sitting there trying to improve yourself!



A person with short blonde hair, wearing a maroon robe, is sitting on a blue plastic chair on a stone terrace. The terrace is curved and overlooks a lush green landscape. A large tree with thick, grey bark and dense green foliage is on the left. In the background, there is a body of water, possibly a pond or lake, surrounded by more trees and greenery. The scene is bright and sunny, with shadows cast on the stone terrace.

The whole existence is made of the stuff called joy. That's why no reason, no cause is needed. If you can just be with yourself, not doing anything, just enjoying yourself, just being with yourself, just being happy that you are, just being happy that you are breathing, just being happy that you are listening to these cuckoos – for no reason – then you are in meditation.

Meditate while you are here, because it can give you something without which no love can ever become real. Love is a relationship between you and somebody else. Meditation is a relationship between you and you. Love is out-going, meditation is in-going. Love is a sharing. But how can you share if you don't have it in the first place? What will you share?

All excerpts are from OSHO books.



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presents:

awareness totality creativity

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in the OSHO experience
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learning for life

The Residential Program offers an opportunity for self-discovery and a kit bag of tools to take back to the world. Participants report huge shifts in every aspect of their lives.

WORKING LIFE





Tanu, a school teacher, knew that she needed to look at her approach to work, so she joined the Residential Program.

I love the whole environment here. I'm discovering so much. I found out about living and working at the Meditation Resort on the osho.com website. It was perfect for me – accommodation is taken care of, two restaurants on the campus, a laundry facility – so the practicalities are very simple. I had wanted to come for a long time, to look at why I've found every job I've ever had very stressful. I always got completely exhausted and lost myself. I knew that it was something to do with my attitude but wasn't sure what to do about it. Here I'm gaining many insights.

When I'm teaching I have to put my emotional life to one side, which often means just repressing my feelings. Then they remain within me, affecting everything I do, sometimes even paralyzing me. Here I've found the space to simply allow my feelings to be there. It's very healing; if I do that, they pass and I am free.

My main work has been scheduling the Multiversity program – finding rooms for all the activities. The work here is the vehicle of self-exploration. When I first applied for the program I had a certain expectation of what it would be like...well, it's nothing like that; it's much more challenging than I ever

imagined. There's a lot of support to meet these challenges – meditations, coaching, courses. Doing OSHO Dynamic to begin and OSHO Kundalini to end the working day brings so much positive energy.

One of the biggest issues for me has always been that I tend to take too much responsibility when I work. My thinking goes: "If I don't do this nobody will. The whole place will fall apart if I don't sit here till midnight." I'm experimenting with stepping back to see if things really do fall apart. They haven't so far, so it seems I'm on the right track.

I've found it's good to take a step back and look at what I'm doing. Remaining present and aware stops me from getting lost and makes a big difference to how I feel – and I get better results too.

I'm enjoying my journey so much I'm going to stay longer than I originally planned. It's great to have so much time here to look at myself. Exciting!

When I leave, I intend to go back to the same job and put what I've learned into practice. I know I can't change the whole teaching world, but I am changing myself. And when I change the way I respond, the situation around me can shift too.

A landscape designer who enjoys creating meditative spaces, Navaneet loves the beauty of the Meditation Resort. This is his second experience in the Residential Program.

Before coming here this time, I was working in Texas. I found that my first work-as-meditation experience helped me enormously. What I learn here cannot be taken away from me no matter what. I have my own business, and it has become natural for me to bring a meditative quality into what I do. My



clients would comment on how nice it was to have my crew creating their garden. Somewhere in their being they recognized a certain something they couldn't really put into words. And they also liked the results.

Working here again is wonderful. It's been quite a while since my last visit and I find everything looks fantastic. I'm here with my son who's also on the Residential Program. It's such a joy for me to see how he's blossoming in this beautiful place.

I'm currently working on a big new project, rechecking the original audio files of OSHO discourses against the transcripts used for his books to make sure they are correct. There are approximately 3000 audio files so we need lots of help. I'm setting up a system to allow people all around the world to be involved, using the Internet. That's the wonder of new technology. People express such gratitude to be part of this project, and that makes it an even greater pleasure for me.

Once a week I facilitate Welcome Morning, introducing brand new visitors to the Meditation Resort and to OSHO Meditations. This reminds me of my very first job, where I used to run orientation programs for new college students. It feels like the wheel has turned full circle.

I was blessed to be able to participate in a special OSHO Mystic Rose for those on the Work-as-Meditation program. Part of the beauty is to see the transformation of people who are in the process for the first time. For myself, it is wonderful to do it again and to re-experience the serene place it puts me into.

This work is very new for me, and the Multiversity Course *Inner Skills for Work and Life* helped me to look at my old feelings of inadequacy. I gained insights into how to deal with my frustration, and came to understand that I'm not in this job by mistake, but that this is what life is bringing me. In that way I can appreciate it as a gift.

It's a very rewarding experience to be here. I've had so much care and support. I have a deeper understanding of the whole concept of work-as-meditation – and how to approach any job with awareness and presence. It's a whole different way of being.

What a truly great place this is – there are the meditations, the Multiversity courses, Plaza parties. Where else can I meet people from all over the world? And everyone is here to find freedom.

Almasta

A simple technique to use when a bad mood strikes....

Whenever you feel that you are not in a good mood and you don't feel good in the work, before starting work just exhale deeply for five minutes. Feel with the exhalation that



you are throwing your dark mood out. And you will be surprised: within five minutes you will suddenly be back to normal. The low will have disappeared, the darkness will be there no more.

If you can change your work into meditation, that's the best thing. Then meditation is never in conflict with your life. Whatsoever you do

can become meditative. Meditation is not something separate; it is a part of life. It is just like breathing: just as you breathe in and out, you meditate also.

Excerpted from *Dance Your Way to God*, Osho



The OSHO Multiversity offers OSHO Mystic Rose and Inner Skills for Work & Life monthly. See p. 67 for dates, or get more information on osho.com.

If you would like to participate in checking Osho audio files or in the OSHO Book translation project, contact anuragi@osho.net.

Dimensions BEYOND the Known

“Seven hundred years ago, in my previous life, there was a spiritual practice of twenty-one days, to be done before death. I was to give up my body after a total fast of twenty-one days. There were reasons for this. But I could not complete those twenty-one days; three days remained. Those three days I had to complete in this life. This life is a continuation from there.”

OSHO

Excerpted from Chapter Three:

Eternal means that which is neither old nor new.

The old and the new are both only events in time, and religion has suffered on account of both. Religion has suffered at the hands of the old and the same has happened in its association with the new.

Krishnamurti is still insisting upon the new. The reason is that his grasp on events goes back to the period between 1915 and 1920 when there was much attraction for the new in this world. At that time, the new was still influential. Even now he still continues to propagate it.

Now, on this earth, there is only one possibility. All traditions have come so close to each other that if one tradition says that it alone is the only right one, it will immediately create a doubt. There was a time when if a tradition claimed that it was right and impartial and true in an absolute sense, one was able to trust it. Now such a claim will only create distrust; such a claim will only be a symptom of madness. It will prove that the claimant is not a very intelligent man, that he is not a deep thinker, and that he is dogmatic and fanatical.

Bertrand Russell has written somewhere that he has never seen an intelligent person speaking in absolute terms. Those who are intelligent will definitely hesitate to assert themselves in this way. Only the foolish can be so assertive. Russell is trying to say that only the ignorant can claim anything to be the absolute truth. As knowledge increases, such absolute announcements cannot be made. In this age, if anyone tries to assert that one particular tradition is the only right one, he will harm that tradition very much. Similarly, if one says that “what I am telling is absolutely new,” then also it is absurd.

Many things are announced as new, but when they are examined in depth it is found that there is nothing new. The same things can be told in many forms, but when those forms are set aside, when the outer garbs are removed, what is found underneath is the same old thing. Thus, nowadays, neither a proclamation in favor of ancientness nor of newness can be meaningful.

In any view, the religion of the future, the one which will influence people, the one which will be followed and respected by people, will be the one that is eternal. It will neither be new nor old. No one can make it new, nor can it ever become old.

Those who call a religion old have old words to express it; those who have called it new have new words. Now we do not want to cling to any words. That is why I use words of all traditions. Any words may be of use in understanding. Sometimes I talk of the old way of thinking so that perhaps some may understand through that; sometimes I talk of the new way of thinking for those who can understand in this way. And, simultaneously, I want to remind you that truth can be neither old nor new.

Truth is eternal like the sky in which trees grow, develop, flower and then die. Trees also become old; they also have a childhood and youth. But all this is happening in the sky. We have sown a seed which has sprouted. The sprout is absolutely new, but the sky in which it has sprouted is eternal. The tree has grown, become old, and is nearing death. The tree has become old, but has the sky in which it has spread itself become old? Many a tree has come and gone, but the sky has remained there forever – eternal, untouched, unaffected. Truth

A beautiful new edition of an Osho classic

As he unveils his perspective on the universe and its infinite mysteries and possibilities, Osho responds to questions on everything from the esoteric roots of religious experience to how a mystic proposes we should deal with urgent global crises we are facing today.

He also talks extensively about his own past life 700 years ago, and what it means to be a contemporary buddha.

then is like the sky; the words are like trees. They are sown, they sprout, they acquire leaves, flowers, fruits, and then they die; they fall back down to the ground, while the sky remains where it was.

The old and the new both have laid emphasis on words, but I do not want to lay any emphasis on words. I want only to lay emphasis on the sky in which the flowers of words open, die and become lost, no trace of them remaining anywhere. Thus, in my view, truth is eternal and is beyond the new and the old. It is transcendental.

Whatever we say or think or create will come and go, but truth will remain where it is. Thus, those who say that the truth is old are ignorant, because truth does not become old. And those who say, “We have a new truth, an original one,” are also ignorant, because truth can be neither original nor new. Like the sky, the truth just is.

I declare this third path, the path of the eternal, to be the path for the future. Why? – because this proclamation of the eternal will cut across most of the cobwebs created by so many traditions. Then we will say, “Yes, those trees grew towards the sky and these trees are also growing in the sky.” Trees reach endlessly to the sky, but the sky is unaffected. There is so much space in the sky. Our trees can neither fill nor empty that space. We need not remain in the illusion that any single tree can ever fill the entire sky.



DETAILS

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The Future Belongs to Those Who Will Love Change...

All the gurus of India are angry at me, because I don't belong to their tradition. I am not here to exploit anybody, I am not here to force indoctrination on you: Indian culture, Indian religion, and all that nonsense. I am here just to help you to be free from Christianity, Hinduism, Jainism, Buddhism. I am here to help you to be yourself, just to be yourself.

My sannyasins are not my followers, they are just my friends. I love them, they love me, but there is no hierarchy. I am not holier than you or higher than you. That goes against the Indian investment. They are bound to be against me. I am affirming life, they have been denying it all along.

Nirmala met her friend Vimala on the street one afternoon and noticed that Vimala was well along the road of pregnancy.

"You know," Nirmala said, "I would give anything to have a baby. But I guess it's hopeless."

"I know just how you feel," Vimala said. "My husband was that way too, but everything is fine now. In fact, I am eight months pregnant."

"What did you do?"

"I went to Swami Etceterananda."

"Oh, we tried that," Nirmala replied. "My husband and I went there for six months."

"Don't be silly," Vimala told her. "Go alone!"

And they will find all kinds of arguments against me. They are argumentative people. For centuries they have done nothing else but argue. But their arguments are not going to help them because I am not arguing

for any philosophy; otherwise they would be able to refute me. I am arguing for existence, and there they are at a loss.

If it was only a philosophical argument there would be no problem. India has known many philosophies. Buddha argued against the Vedas and there was no problem. Mahavira argued against the Upanishads; there was no problem. Shankara argued against Buddha and Mahavira; there was no problem. Ramanuja argued against Shankara; there was no problem. It is an accepted fact, if you argue only for a philosophical standpoint, nobody is worried because it is just airy-fairy; it does not make any change in one's life.

I am not arguing for a philosophy. I am not philosophical at all, I am totally existential. That's where they are finding it difficult. They are finding it absolutely difficult to decide how to cope with me, what to do with me. Hence the anger, hence the condemnation, hence all kinds of third-rate criticism. They simply show their reality. Those third-rate criticisms that they go on making against me are simply bringing their reality to the surface. They are showing their nakedness, their ugliness. And that serves my purpose.

The real estate salesman in Bombay lead lives entirely bounded by mere prosaic fact. One of these gentlemen was showing some property to a possible customer, a rich man, and he was pulling out all the stops.

He finished up with, "Why, the climate is the best in the country! Do you know? – no one ever dies here."

And just then a funeral procession came into view, wound slowly down the street and disappeared from

sight. The real estate agent was taken aback for a second, but he made a quick recovery.

Removing his hat, he said solemnly, "Poor old undertaker – starved to death."

Indians are clever at argumentation. If I was arguing they would have found a thousand and one arguments. But I am not arguing, I am simply pointing to the moon. My fingers are not my arguments but only indicators. Don't cling to my fingers, see the moon. And it is time that the moon should be seen.

You ask me, Chaitanya Keerti, "Even so, you keep hammering this rotten culture..." I will go on hammering. It is so rotten that there is every hope that we may get rid of it. It is falling apart on its own; just a little hammering is needed. I am going to hit it mercilessly.

And you ask: "What is this business?" This is the business of people like me. It has always been the business of people like me.

Socrates was told by the court in Athens, "If you stop talking about truth, we can release you. You will not be put to death." Socrates refused, and the words he used were very beautiful. He said, "That is my business. I cannot stop talking about truth. Just as I breathe, I talk about truth. It is my business."

I am going to continue. My hammering will become harder because I have to bring more and more rubbish to the surface. My hammering will go deeper. It is a surgical hammering; many rotten parts of this goddamned country have to be removed. It needs nothing less than that. Medicines won't help, it needs an

operation. And I am preparing the operating table....

It is going to be a great adventure. But even if the patient dies, there is no harm done. At least there will be some space, at least there will be less of a crowd. And the patient is dead anyway. This country is living a posthumous existence. It died long ago: the day it started the idea that we are falling, that the golden age is lost, that we are falling deeper and deeper into darkness and hell, it lost all qualities of life. Since then it has been living a posthumous existence.

My effort is to give this country a real death so that a real birth becomes possible. Resurrection is possible only after crucifixion. There is no other way. Death is the way for life to come back, so don't be afraid of death! In fact, life and death are not opposites, they are not contradictions to each other. They are like two wings: they help each other, they are complementaries.

I teach you to live totally and I also teach you to die totally. Totality has to be the taste of a really religious person. And when I say "a really religious person" I don't mean anything supernatural, anything higher, holier. I simply mean the innocent life, the ordinary life. I exalt the ordinary, I praise the ordinary, I worship the ordinary.

Excerpted from *The Goose Is Out*, Osho

→ To listen to the complete talk go to osho.com/audiobook

This Beautiful Earth



We have to create a new life based on totally different principles. The old life was based, very strangely, on anti-life principles. It was against everything that is living in you; it was against your love, it was against your sex, it was against your joy, it was against your pleasure. It was against everything that you enjoyed. It wanted you to be a dead saint, not a living human being. Anti-life principles have ruled for thousands of years.

The ultimate result of it is that we are coming close to the end of the world. Your religions have contributed to it, your saints have contributed to it, your so-called philosophers have contributed to it...because they were all anti-life. Anybody like Zorba who was for life, was not allowed by the society to exist. He was condemned, he was discredited; in every way his dignity was taken away. He was reduced into an animal. Naturally, the crowd was powerful and managed to repress all rebellious individuals and forced them to follow the crowd.

I want the society to disappear. I want the crowd to have no power anymore. Each individual has a birthright to be free, to choose his life pattern and to move according to his nature, respectfully, with dignity. That is going to be the new way of life, where each individual is respected in his uniqueness, and there are no ready-made ideas that everybody has to fulfill in his life.

Everybody has to live according to his own heart, has to move according to his own inner being, wherever it leads. That is your destiny. Nobody else is going to decide it; you are the only one to decide for yourself. This decisiveness – freed from all crowds, mobs, organizations – will create a new earth and a new jubilant, celebrant life for each individual. There will be no need for anybody to think of paradise after death; paradise will be herenow.

It is good that the old world is coming to an end. Now you have to decide whether you want to die with the old world or to take a quantum leap out of the old, and create a new world and a new man.

Excerpted from
Socrates Poisoned Again after 25 Centuries, Osho

OSHO International Meditation Resort is a unique experiment, an opportunity for individuals to experience a radical approach to meditation and silence. It is a place for the evolution of Zorba the Buddha – someone whose feet can dance on the ground and whose hands can touch the stars – in an environment beyond nations, races and religions. The international language is laughter and silence. This is a place to be alone together, where each can learn from the other while respecting everyone's unique individuality.

DAILY MEDITATION INTENSIVE

in OSHO AUDITORIUM

- 6:00** OSHO Dynamic Meditation: Osho's most popular active meditation
- 8:00** The Art of Listening: an OSHO talk on audiotape
- 10:30** Vipassana: silent sitting, watching the breath
- 12:00** A selected OSHO Meditation
- 14:45** OSHO Nadabrahma Meditation: a meditation using breath and sound
- 16:15** OSHO Kundalini Meditation: another potent active meditation technique to still the mind
- 18:45** The Evening Meeting of the OSHO White Robe Brotherhood. This two-hour meditation meeting begins with dancing and celebration. This is followed by sitting silently, first to music and then to the sound of Osho speaking – a videotaped talk that provides an opportunity to experience silence with no effort.

in OSHO CHUANG TZU

- 7:30** Silent sitting
- 13:45** Silent sitting
- 15:00** Silent sitting (sometimes with music)
- 21:30** A selected OSHO Meditation

→ for more information visit osho.com/meditation



Being Here

Nicole seems to embody the *New Young Woman* of today: beautiful, sensitive and strong at the same time. She knows what she needs and is courageous enough to go for it. She works as a commercial pilot, flying Boeing 737s in Europe. This is her first visit to the Meditation Resort.

I came here knowing nothing about Osho, just stories I had heard from a friend. For me it is a paradise; there is so much energy everywhere and hugs galore. My first three days here were a little confusing because there were many different impressions at once. After about a week, though, I became more calm, thanks to the meditations. I started connecting to others and feeling at home.

The *Opening to Self-Love* course was the first one I did and even though speaking English was a problem, the group was a safe place for me. After that, I did the eight-day *Breath Intensive* course, which was amazing. Again, I felt safe enough to go deeper into my being.

The breath sessions brought up memories from the past of fear, sadness and happiness. I've always had a problem expressing my feelings, so it was good to be able to let go. I used to get stuck in my sadness. Now I know how to meditate on it, not to identify with it and see the other things that are happening at the same time.

Dancing is one of my favorite things to do here – in the morning, at the Evening Meeting, during meditations. Wow! I love that I can dance how I like and just for myself. Also, OSHO Kundalini Meditation every afternoon is fantastic.

I want to tell other people to come to the Meditation Resort – it's scary but beautiful. You learn a lot about yourself. I've been here for nearly four weeks and I already feel a change in myself.

I hope to continue meditating and doing yoga when I return home. And I certainly want to come back and spend more time meditating and taking courses here.

OSHO International Meditation Resort

Pune, India

On Arrival

Nationals need to bring a valid photo ID such as driver's license, voter's card, PAN card, passport, college ID or credit card with photo. International visitors are required to have a valid visa. Every six months everyone needs to re-register with a valid photo ID. OSHO International Meditation Resort is an AIDS-free zone. On your arrival you will be required to take an AIDS (HIV) test in the resort.

Welcome Morning: Daily

This is an introduction to the Meditation Resort, including a step-by-step experience of OSHO Active Meditations and Evening Meeting. At this time you can ask any questions you may have, meet other participants from around the world, and get information that will assist you in making the most of your time here. You will also learn more about the process of personal and cultural conditioning and see how the Multiversity and the meditations in OSHO Auditorium support you to go beyond those limitations to a more authentic lifestyle.

Health Club Facilities

The swimming pool, table tennis, volleyball and gym facilities are available at no cost to visitors to the Meditation Resort.

Children under 18

The activities at the OSHO International Meditation Resort are designed for the benefit of adults; the environment is not geared towards children and minors. We recommend that parents come alone, without their children. If you are traveling with children, please note that:

- Children of school age are only allowed during their school holidays.
- Those under 12 can only come into the Meditation Resort between 1:00 and 2:00 pm.
- Minors between the ages of 12 and 18 will only be admitted if they are interested in and able to participate in the activities (meditations, growth programs and/or Work as Meditation program).
- All visitors under 18 need to be accompanied by a parent at all times. International visitors need to bring a passport and Nationals should present a birth or school certificate.

For more information please contact: OSHO International Meditation Resort
17 Koregaon Park, Pune 411001, MS, India
Tel: +91 (0)20 6601 9999 Fax: +91 (0)20 6601 9990
website: www.osho.com/resort

On our website you will also find information on how to get here and how to arrange accommodation.

OSHO
2009



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otsubs@osho.net

Existence Is Our Home

Hofuku wrote this poem:

Don't tell me how difficult the way.
The bird's path, winding far,
Is right before you.

Water of the Dokei Gorge,
You return to the ocean,
I to the mountain.

Such a tremendously beautiful statement. A river may be going to the mountain or to the ocean. As far as reasoning is concerned it appears they are going in different ways, diametrically opposite. The river that goes towards the ocean we know, we can see it.

But every time the river comes riding on the clouds, back to the mountains...that is a little subtle and one needs a poet's, a mystic's understanding to see. The river is coming back to its original source.

This statement of Hofuku: "You return to the ocean," okay; "I am going to the mountain." But that does not make you superior or inferior, neither does it make me superior or inferior.

This whole universe is ours, and all the dimensions are ours. Wherever your original nature takes you, wherever your spontaneity takes you, it is your home. Zen makes this whole existence our home.

Excerpted from
Zen: The Solitary Bird, Cuckoo of the Forest, Osho



Seeing Clearly Is Not Enough

How we use our eyes is very important for our total well being – for our brain and for our body. Garjan, a naturopath, tells us how the way we use our eyes goes against nature. He describes the difference between looking and seeing, between focused and soft vision. Taruna, a medical doctor, shares some practical exercises.

Seeing clearly is not the most important task for our eyes; nature has made them in such a way that it seems to be much more important to see the big picture. If you look at the inside of the eye, only five percent is responsible for clear vision, for detail. Ninety-five percent is meant for peripheral vision, which helps you to see the whole picture. But our whole society, particularly now that we work with computers, pays much more attention on focused vision. You can imagine if people are wearing glasses and their whole focus is on the detail, how important that becomes, and how easily they lose the connection to the overall picture.

Focused vision activates the left hemisphere of our brain, our intellectual, analytical approach, while our peripheral vision relates more to the right hemisphere, to feelings or emotions. It helps us mainly to

move, to coordinate our body, and this is much more important for survival.

Vision doesn't happen in your eyes but in the brain. The eyes are the doors, the windows. If you are short-sighted, that means you create your own view of the world. Not only the lens of the eye but the whole apparatus – the cornea, the shape – work together like a unit. If this unity is out of balance, like with myopic people where the eyeball is too long, the light is not reflected in the back. So the usual treatment is to give them glasses.

In the past eye doctors were more interested in teaching you what you could do to relax your eyes so you didn't depend on glasses. They were prescribed temporarily, like a bandage. You got a progressively weaker prescription until you didn't need

them any more. It is absolutely known to medical science – there's a lot of literature – about how we have been conditioned to become dependent on glasses.

In the nineteen-thirties an American businessman got the idea to sell glasses, so that people would become dependent on them and buy more. He even used movie stars for his advertisements, because wearing glasses was not so common then.

Our eye conditions are just symptoms, a hint that your eyes are telling you in their own language that something is wrong. The way we usually deal with this information is to go to an expert who helps us to see sharp and clear and, according to his expertise, that's enough. But that's not actually what the eyes need; if it was, then we wouldn't need a stronger pair of glasses after some time. I have eye doctors as clients who tell me they are not educated to find out the cause of the eye conditions.

The way you use your body consciously or unconsciously affects the function of your body. The same thing is true of the eyes. If you use your eyes in a tense or extensive way, your brain and your body also become tense.

For example, people do a lot of computing. That's a two-dimensional action – it's a flat screen. We forget our periphery and the third dimension because we use our focused vision only, so everything becomes flat. We aren't even aware of how we sit in front of the computer, and we don't notice how much tension our body accumulates. This affects our overall energy.

Create a revitalizing energy circle

Standing before the mirror, first look into the reflection. You are looking and the reflection is the object. Then change the whole situation, reverse the process. Start feeling that you are the reflection and the reflection is looking at you. And immediately you will see a change happening, a great energy moving towards you.

If you do it for a few days you will be surprised how much more alive you feel the whole day. Just a few minutes standing before the mirror and letting the energy come back to you so the circle is complete. And there is a great silence.

The incomplete circle creates restlessness. When the circle is complete it creates rest, it makes you centered. And to be centered is to be powerful – the power is yours.

Excerpted from *The Secret of Secrets*,



Using only focused vision is looking: light or energy goes out of your eyes to the object, let's say to the monitor or to the computer, but you don't really receive anything back because you're not aware of depth.

Seeing, using your peripheral vision, means *receiving*. You see an object, and if you become aware of depth, then there is an observer who sees the object and in-between is some space. This helps you to become aware of yourself at the same time.

If you only look you lose a tremendous amount of energy. Scientists say that about 70 to 80% of our energy goes out through the eyes. You might remember going to a big exhibition or museum and looking at all the pictures, and after one hour you felt exhausted. Why? You just looked at pictures – but your energy went out.

However, if you imagine the picture – or even your computer monitor – is looking at you, suddenly you start to create a circle of energy. This is rejuvenating, it is regeneration.

Many times people come with complaints about computer work. Even with so-called *normal* vision, they find themselves tired at the end of the day. They have a burning sensation, itching, eyes tearing from looking at the monitor for many hours.

If you come to me like this, I'll ask your permission to "interview" your eyes directly and ask them how they are doing, and you answer for them. They are usually happy that they finally get recognition and respect, and they will tell me very freely what they need.

I also lead people in a guided fantasy to get a feeling of how big the eye is, how it sits in the cavity. At the end when they come back, I tell them, "Now allow your eyes to look wherever they want to look. Imagine

WELLNESS

that they are two children and you are giving them permission to play where they want, not where your intellect wants to go." Most of the time the eyes want to look out of the window to a shady place. It is very relaxing.

This works better than relaxation exercises. It is very impressive, because people's own eyes are telling them what they need, and it's not me telling them what to do. Then they do it.

We spent too many hours looking from a certain distance, so the eyes want to have breaks and the possibility of looking far away and then coming back. They don't want exercises to be stronger; they want to have the opportunity to relax, and to have their needs respected. I recommend interrupting computer work every fifteen minutes to look away from the monitor and out of the window, and then come back.

I also ask people to become aware of the space

between them and me. They become aware that there is a depth in their vision, and it feels relaxing for the eyes. I ask, "Are you still able to see me as well as the computer screen?" They are surprised to be able to do that.

That means that the moment you include depth or peripheral vision – I call it *soft vision* – you are still able to focus on whatever you do, but you broaden your visual field. On the outside it becomes bigger, and on the inside you combine both sides of the brain, and that is what it is made for.

If people were to start seeing in this way, they would increase their awareness and make better use of their potential. They would feel part of the whole more. Again, it doesn't really happen in the eyes. Since the eyes are an extension of the brain, this helps to activate the brain. What is so amazing is that we are not aware of it at all.

Anuprada



Taruna worked in a hospital ophthalmic department before training with Garjan. She now gives Eye Relaxation sessions at the Multiversity.

I've always liked to work with the eyes. From Garjan I found out that there are many simple and effective ways to deal with eye disorders, such as giving your

eyes a voice. I ask them, "How do you feel? How is your relationship with the other eye? How is it with the person taking care of you? What would support you to be more relaxed?" The person feels inside and answers in words.

When I do this with my own eyes, I notice that they only want a few ordinary things. If I don't pay attention they burn – then if I do what they want, the burning goes! It can be something simple, like drinking enough water or doing palming – warming the palms, cupping them and putting them loosely over the eyes without touching, then noticing the darkness. This technique regenerates the retina.

Other aids are: looking far away; using a soft focus to look at things my eyes want to look at; looking from the back of my head, the vision center of the

brain. Even blinking – which moisturizes the eyes.

People tell me: "Your eyes are shining like anything!" That makes them more enthusiastic about using these tools for themselves.

What brings people to your sessions?

Mostly there is something going on with their eyes – headaches, tenseness, squinting. I bring their awareness to their body and to the eyes, and then ask their permission to ask their eyes what they really want, and what they do – burning, itching, headache – to remind the person.

People who do a lot of computer or reading work have really tense eyes. When the eyes are relaxed, you can feel their whole body relaxing – especially the neck and shoulders. There are many simple tools to use while you're at your desk. Taking ten minutes every hour to do these things will change your whole approach to life. It really works beautifully.

Courses and Training with Garjan at the OSHO Multiversity:

Love Your Eyes, 10 – 12 Jan

Eye Relaxation Facilitator Training, 14 – 20 Jan

Loving Eyes, 23 – 26 Jan

For more details see osho.com

Individual Eye Relaxation Sessions are available with Taruna

For booking, contact OSHO Multiversity.

INDIVIDUAL
OSHO SESSIONS



Individual sessions of 1 – 1 ½ hours each are available throughout the day. They cover a wide variety of approaches which fall under the general headings of *Bodywork, Therapy and Counseling*, and *Energywork and the Esoteric*.

Hara Movement and Dance

This session supports our participation and enjoyment of the OSHO Active Meditations. We learn to move all the different parts of the body and experience how they are energetically connected.

Hawaiian Massage

Also known as *Lomi-lomi*, this relaxing and transformational bodywork technique uses continuous movements – similar to the hula dance – which facilitates energy flow and releases blocks. The motion is transferred from the practitioner to the client, creating a connection much like the wave of an ocean.

Core Integration

This powerful system of deep bodywork brings together postural alignment, movement education, and awareness. It restores the body's natural state of balance by means of deep tissue bodywork, stretching, joint mobilization and reeducating the body.

Eye Relaxation

You get tips about life style, and learn relaxation exercises or receive treatments to regenerate or cure the eyes of their symptoms. It is a session that helps understand and support the needs of the eyes and the body, for better functioning and healthier living.

→ These are only a few of the many sessions regularly available at the OSHO Multiversity. For more information on the full program see osho.com/multiversity.

INNER AND OUTER TRANSFORMATION

Enhance your life inside and out with unique OSHO Courses and Trainings



Primal Rebirth

In the first seven years of our life we unconsciously decide who we will become as adults. A lot of our questions, difficulties, hurts and pain are related to that period. Learning to distinguish the past from the present enables us to respond instead of react to life's situations.

1 – 7 Nov

Awareness Intensive: Who Is In?

The structure of this course focuses our total energy into the search for who we really are.

6 – 9 Nov

Hypnosis for Healing Wounds from the Past

Using the resources of our unconscious mind to bring greater awareness, relaxation and ease to our daily lives.

11 – 13 Nov

Tantra: Breath of Life

Tantra means yes – embracing life to the fullest. It awakens all our life energy.

13 – 16 Nov

Family Constellation: Beyond Family

By recreating the structure or *constellation* of our family, we can clearly see and understand unresolved dynamics which still affect us.

17 – 19 Nov



NLP Practitioner Training

NeuroLinguistic Programming is a powerful tool for creating effective communication. It is used to great effect in areas such as therapy, personal development, education, business, sports and health. In this training you will learn the fundamental principles of NLP and acquire the skills to use them.

25 Nov – 10 Dec

Coming soon

Chakra Exploration and Energy Reading Training

Experience the different chakras in depth, comprehend their nature and potential, and learn also to sense other people's energy – a week of adventure, meditation and joy.

11 – 17 Dec

The Freedom Process (AFH)

Penetrate deep into your unconscious and create the possibility to cut loose from the past and wake up from the hypnosis of conditioning.

15 – 26 Dec



OSHO Art Therapist Training

Experience being integrated in yourself, and from that source, learn to pass on the gift of creating – a unique combination of Art Therapy and OSHO meditations.

16 – 30 Dec

Pulsation Intensive: Neo-Reichian Breathing and Bodywork

An opportunity to release the backlog of emotions that are held in your body and to rediscover the deep healing power of your own breath.

27 Dec – 6 Jan

OSHO Therapist Training: A Two-month Process of Inner Transformation

One of the most extensive OSHO Multiversity programs, which teaches all the basic skills for working with people from a space of meditation. At the same time it offers a profound personal transformation on the level of the body, the emotions and the mind, and dissolves life-long patterns of conditioning.

29 Dec – 2 Mar



Every month the Multiversity offers processes designed by Osho for the contemporary man, to cut through layers of conditioning straight to the center of his being. The OSHO International Meditation Resort, with its unique blend of relaxation, meditation and celebration, is the ideal place to experience this transformation.

OSHO MEDITATIVE THERAPIES

These courses take place on the same dates every month.

OSHO Mystic Rose: Course and Training

Three weeks, three hours a day. The first week is laughter, the second crying, and the third is silent witnessing.

- it is a very fundamental technique, fresh and unused
- it cuts away all the past repressions of humanity

11 Nov – 1 Dec

OSHO Born Again

Seven days, for two hours a day. The first hour is for entering your childhood. The second hour is sitting in silent meditation.

- a great experiment to achieve your lost childhood
- rediscovering the moments of wonder and joy

17 – 23 Nov

OSHO No-Mind

Seven days, two hours a day. Using gibberish – speaking in any language that you do *not* know – to empty out all the garbage of the mind.

- it's crazy but will relieve you of much heat and steam
- after one hour you will feel tremendously quiet

3 – 9 Nov



OSHO Reminding Yourself of the Forgotten Language of Talking to Your BodyMind

Using hypnosis, you first connect and make friends with your body/mind; then you begin a healing process by communicating with your unconscious.

- can be used for weight control or dealing with migraines and any other body aches and pains
- for anything out of natural balance in the body

24 – 30 Nov

OSHO Dynamic Meditation Booster

Seven days: starts from the 25th of each month

NOVEMBER HIGHLIGHTS

A SELECTION OF OSHO COURSES AND TRAININGS

1 – 7	Nov	Primal Rebirth
2 – 4	Nov	Opening to the Heart
4 – 5	Nov	Tantra Energy
5 – 8	Nov	Dehypnosis, Self-Hypnosis & Meditation
6 – 9	Nov	Awareness Intensive: Who Is In?
8 – 10	Nov	Loving Yourself
10 – 16	Nov	Self-Hypnosis for Meditation
11 – 13	Nov	Hypnosis for Healing Wounds from the Past
13 – 16	Nov	Tantra: Breath of Life
15 – 16	Nov	Balance Your Life
17 – 19	Nov	Family Constellation: Beyond Family
18 – 20	Nov	Enneagram for Life, Love and Personal Potential
18 – 20	Nov	Inner Skills for Work & Life
21 – 22	Nov	Welcoming Abundance
22 – 26	Nov	Dehypnosis, Self-Hypnosis & Meditation
23 – 25	Nov	Tantra Energy
24 – 27	Nov	Finding your Voice, Finding your Song
25 Nov – 10 Dec		NLP Practitioner Training
25 – 27	Nov	Opening to the Inner Child
26 – 27	Nov	OSHO Reiki First Degree
28 – 30	Nov	The Joy of Being Alone

PREVIEWS

3 – 9	Dec	No-Mind Painting
8 – 14	Dec	Loving and Respecting Yourself: Finding Your Creative Potential
10 – 12	Dec	Emotional Freedom: Freeing the Healthy Child within Our Heart
11 – 13	Dec	Opening to Feeling: Pulsation
11 – 17	Dec	Chakra Exploration and Energy Reading Training
11 – 31	Dec	OSHO Mystic Rose: Course & Training
13 – 15	Dec	Authentic Communication
15 – 26	Dec	The Freedom Process (AFH)
16 – 30	Dec	OSHO Art Therapist Training
20 – 22	Dec	Dynamics of Relationship
20 – 25	Dec	Joint Release Course
24 – 26	Dec	Introduction Training to Metaphysical Energy Work
24 – 30	Dec	OSHO Reminding Yourself of the Forgotten Language of Talking to Your BodyMind
25 – 29	Dec	Primal Feeling
27 – 31	Dec	Tantra, Energy and Awareness
27 Dec – 6 Jan		Pulsation Intensive: Neo-Reichian Breathing and Bodywork
29 Dec – 2 Mar		OSHO Therapist Training: A 2-month process of Inner Transformation

Dates and programs are subject to change.
For an up-to-date listing of programs visit osho.com/multiversity.

email: multiversity@osho.net
or write to: OSHO Multiversity
OSHO International Meditation Resort
17 Koregaon Park, Pune 411001, India
Tel: +91 (0)20 6601 9999, ext. 312

for full program visit
osho.com/multiversity

Who Owns the Moon?

No one, says NASA. The Outer Space Treaty, an international law signed by more than 100 countries, states that the moon and other celestial bodies are the province of all mankind. In other words, the moon belongs to the whole earth.

But according to NASA scientist William Marshall, lunar land rights are an issue. The US aims to send astronauts to the moon in 2015, a mission that will include a long-term settlement. China and Israel are also working on lunar projects.

In an attempt to win the \$20 million Google Lunar X Prize, several private groups are competing to build spacecraft to land there. Some participants want to gain property rights in the mission.

Steve Durst of *Odyssey Moon*, a competitor, calculates that there are about 10 billion acres on the moon. Given the population of the earth, 6.7 billion, Durst envisions each person having his own acre.



Marshall points out that the question of individual land rights gets tricky when it comes to coveted areas of the moon valuable for research. "It's much easier to solve this problem by thinking through what would most benefit the best interest of humanity, rather than doing it once it's a mess," Marshall says. He believes in granting access, not ownership, to all nations, but not allowing monopolies or military installations.

Stefanie Olsen
Excerpted from *CNET News.com*

People are more interested in reaching Everest, the moon,

Mars, than in reaching their own innermost self, because that is no challenge to the ego. God is so obvious; that's why he is missed. Truth is so easily available; that's why nobody is interested in it. Nirvana is now, and the mind is not interested in now at all, it is always somewhere else.

Excerpted from *Come, Come, Yet Again Come*, Osho

Humans or Sheep?



Have you ever arrived somewhere and wondered how you got there? Well, a new study has finally found the answer – it's called *flock mentality*.

Researchers at the University of Leeds in Britain have discovered that humans in crowds actually flock like sheep, subconsciously following a minority of individuals who seem to know where they are going. They came to the conclusion after conducting an experiment in which volunteers were told to walk randomly around a large hall, without talking to each other. A select few were then given more detailed instructions.

Participants were not allowed to communicate with one another but had to stay within arms length of

another person. The researchers found that it took just 5% of what they called *informed individuals* to influence the direction of a crowd of a minimum of 200 people. The remaining 95% followed without realizing it.

Lead researcher Jens Krause had this to say, "There are strong parallels with animal grouping behavior. We've all been in situations where we get swept along by the crowd, but what's interesting about this research is that our participants ended up making a consensus decision. This is despite the fact that they weren't allowed to talk or gesture to one another. In most cases the participants didn't realize they were being led by others."

According to the researchers, the findings have important applications, notably in disaster management. The results of the study have been published in the latest edition of the *Animal Behavior Journal*. The work follows another study by Simon Reader of Utrecht University, Netherlands, that showed that most of us are happy to play *follow the leader*, even if we are trailing after someone who does not really know where they are going.

Excerpted from *The Asian Age*

The crowd is always of sheep; and all the efforts of the past have been to convert every individual into a cog in the wheel, into a dead part of a dead crowd. The more unconscious he is and the more his behavior is dominated by the collectivity, the less dangerous he is.

Excerpted from *The Rebel*, Osho

Power Dressing

Personal power takes on a whole new meaning! US scientists have developed a microfiber fabric that generates its own electricity, making enough current to recharge a cell phone or ensure that a small MP3 music player never runs out of power. If made into a shirt, the fabric could harness power from its wearer's simple walking around or even from a slight breeze, they reported in the journal *Nature*.

"The fiber-based nanogenerator would be a simple and economical way to harvest energy from the physical movement," Zhong Lin Wang of the Georgia Institute of Technology said in a statement.

Taking advantage of the semi-conductive properties of zinc oxide nanowires – 1,000 times smaller than the width of a human hair – embedded into the fabric, the wires are formed into pairs of microscopic brush-like structures, one wire being coated with gold to serve as an electrode. As the bristles brush together through a person's body movement, the wires convert the mechanical motion into electricity.

"When a nanowire bends it has an electric effect," Wang said. "What the fabric does is, it translates the mechanical movement

of your body into electricity." To ensure all that friction was not just generating static electricity, the researchers conducted several tests. The fibers produced current only when both the gold and the zinc oxide bristles brushed together.

"Our estimates show we can have up to 80 milliwatts per square meter of this fabric. This is enough to power a little ipod or charge a cell phone battery," he said. One major hurdle remains: zinc oxide degrades when wet. Wang's team is working on a process that would coat the fibers to protect the fabric in the laundry.

Excerpted from *Reuters*

Each human being is a dynamo and is completely oblivious of how much energy he can produce. Infinite energy is possible.

Excerpted from
Only Losers Can Win in This Game, Osho

Watch What You Eat

Dieters beware. You may be watching what you eat, but don't watch your friend's plate – or you could be in trouble.

A study published in the *Journal of Consumer Research* set out to look at the impact of mimicry on product consumption, and found people automatically mimicked others' eating habits. Researchers from Duke University, the University of Maryland and the University of Amsterdam said in a statement, "A person who views someone else's snacking behavior will come to exhibit a similar snack selection pattern. Preferences may shift as a result of unintentionally mimicking another person's consumption behavior."

In another experiment, researchers found that people who had their posture, body angle, foot movements, and verbal patterns mimicked by a salesperson rated a new sports drink more positively, and drank more of it than people who were not copied.

"This suggests that mimicry has the potential to be a valuable tool in interpersonal persuasion, particularly in cases where the motivations and persuasive intent of the mimicker are transparent," said the researchers.

Excerpted from *The Times of India*

Seated in a restaurant, a priest is scrutinizing the beauty of a young lady escorted by her male companion. A layman kids him about his female interest.

"Just because I am on a perpetual diet does not mean I can't study the menu once in a while!" says the priest.

Excerpted from
The Discipline of Transcendence, Osho



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How to Interpret a Dream

A dream is a dream is a dream...

A Zen master wakes up one morning, and he sees a disciple passing by. He calls to him, "Come here! I had a very beautiful dream. Would you like to interpret it?"

The disciple says, "Wait. Let me bring a bucket of water. You please wash your face."

The master waits. The disciple brings a bucket of water and the master washes his face. By that time another disciple is passing by and he again calls out. He says, "Listen, come here! I had a beautiful dream. Would you like to interpret it?"

The second disciple says, "Wait. You have washed your face? I will bring a cup of tea for you." And he brings a cup of tea.

The master is very happy and he says, "If you had tried to interpret, I would have thrown you out of the monastery!"

This is the right interpretation: you had a dream? – wash your face, be finished! Still lingering a little? – have a cup of tea, but get out of it! It is a dream! What is there to interpret?

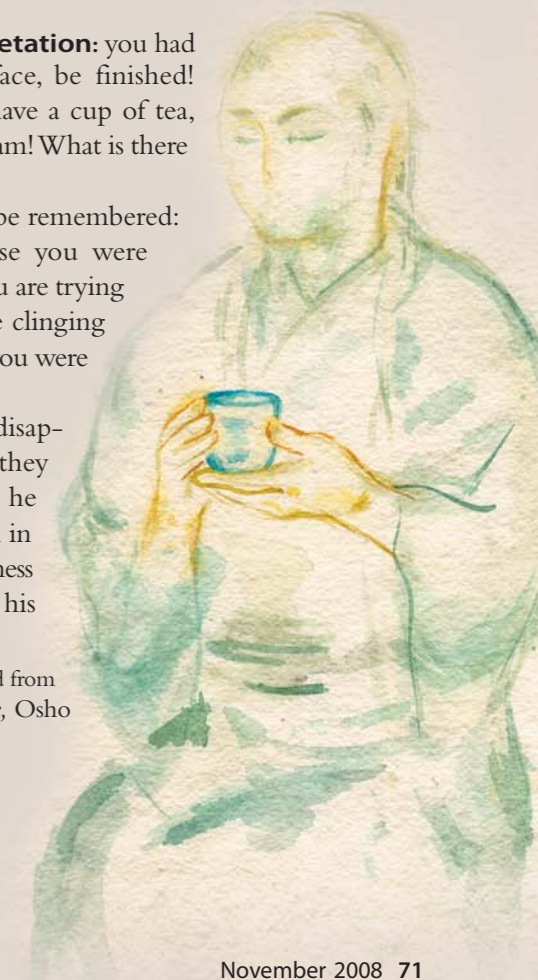
Only one thing has to be remembered: that you dreamed because you were unconscious. And now you are trying to interpret it; still you are clinging to it. It happened because you were fast asleep.

For a buddha dreams disappear; they don't happen, they cannot happen – because he becomes so alert that even in sleep a subtle layer of awareness remains. He never loses his awareness.

Excerpted from
The Discipline of Transcendence, Osho



Painting by Tulika



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Laugh Your Way to Enlightenment

The sense of humor comes into existence at the last stage of evolution. No animal other than man has a sense of humor. The sense of humor can be called the criterion whether evolution has become conscious or not.

Osho

A want ad appeared in a newspaper: "White male needed to service baboon in scientific experiment – \$1000."

Finally after weeks, a man answers the ad, but he makes three conditions. First there is to be no foreplay, second the kids have to be raised Catholic, third it will take him a while to raise the \$1000.

The fire-and-brimstone preacher storms into a saloon in the Wild West and shouts, "Repent, you vile sinners! Drinking that disgusting liquid will send you all to hell. Join with me. All of you who want to go to heaven, stand on this side." Everybody staggers to his side of the room, except for one old drunk.

The preacher shouts at him, "Don't you want to go to heaven?"

"No, I don't," replies the drunk.

"You mean to tell me that you don't want to go to heaven when you die?" asks the astonished preacher.

"Aha!" replies the drunk, "When I die! I thought you meant right now."

A most attractive young girl is being interviewed by Saint Peter at the Pearly Gates.

"While you were on earth," he asks, "did you indulge in promiscuity, smoking, dancing, or any other forms of wickedness?"

"Never, never!" protests the girl.

"Well, then why haven't you reported here sooner?" asks Saint Peter. "You've been dead for years!"

Said the newly-wed English wife to her husband, "I just don't understand you, George. You liked baked beans on Monday, you liked baked beans on Tuesday, you liked baked beans on Wednesday, you liked baked beans on Thursday. And suddenly on Friday you don't like baked beans!"

Pat goes to see the doctor about his eyes. The doctor suggests he bathe them every morning in brandy.

The next time Pat comes to see the doctor, the doctor asks him how his eyes are.

"Did you follow my advice?" he asks.

"I tried to – but I can't raise the glass higher than my mouth!"

Mrs. Carbotti goes to the doctor complaining of fatigue. After the examination, the doctor decides she needs a rest.

"Can you stop having relations with your husband for about three weeks?" he asks.

"Sure," she replies, "I got two boyfriends who can take care of me for that long!"

Hymie Goldberg has a row with his wife, Becky, and goes out drinking. Late that night he stumbles into the local all-night deli and hunches over a bowl of noodle soup. Hymie notices a Chinaman sitting at the next table and still being in a bad mood, he picks up his bowl of noodles and dumps it over the Chinaman's head.

"This is for Pearl Harbor," says Hymie.

"But I'm Chinese, not Japanese," says the man.

"Chinese, Vietnamese, Japanese – what's in a name?" says Hymie.

As Hymie goes to pay his bill, the Chinaman suddenly hits him over the head with a salami sausage. "That," says the Chinaman bowing, "is for sinking the Titanic."

"But," shouts Hymie, "the Titanic was sunk by an iceberg."

"So," says the Chinaman. "Iceberg, Goldberg, Greenberg – what's in a name?"

Mendel Kravitz is having a little chat with his new mistress. "Tell me, darling," he says, "what would you do if you found yourself pregnant and abandoned?"

"Ah, that would be awful," cries the pretty young girl. "I think I would kill myself."

Mendel replies, "Good girl."

There is great excitement in the cannibal tribe when a white hunter and his beautiful girl-friend are brought into the village and tied up to a tree.

The cannibals boil up a huge pot of water and the man is thrown in, cooked, and served up for a great feast.

By dawn the next morning, another pot is boiling, and the cannibals untie the girl and lead her towards it. She is just about to be thrown in when a man comes running from the chief's hut. "Wait!" cries the man, "Wait! The chief wants his breakfast in bed!"

Little Ernie's parents are horrified. Their four-year-old son is just learning to talk fluently, which is charming, but he uses the word *fucking* in almost every sentence – which is very impolite. They try every strategy to get him to stop, but nothing seems to work so they try bribery. They tell Ernie that he can go to Janet's birthday party if he stops swearing. His father has asked Janet's mom to send Ernie home at once if she hears that filthy, disgusting word.

On Saturday at two-thirty Ernie sets off, but at three o'clock he is back again, in tears.

"I told you not to use that disgusting word," his father cries.

"I didn't use the fucking word," shouts Ernie.

"And the fucking party is not till next fucking Saturday."

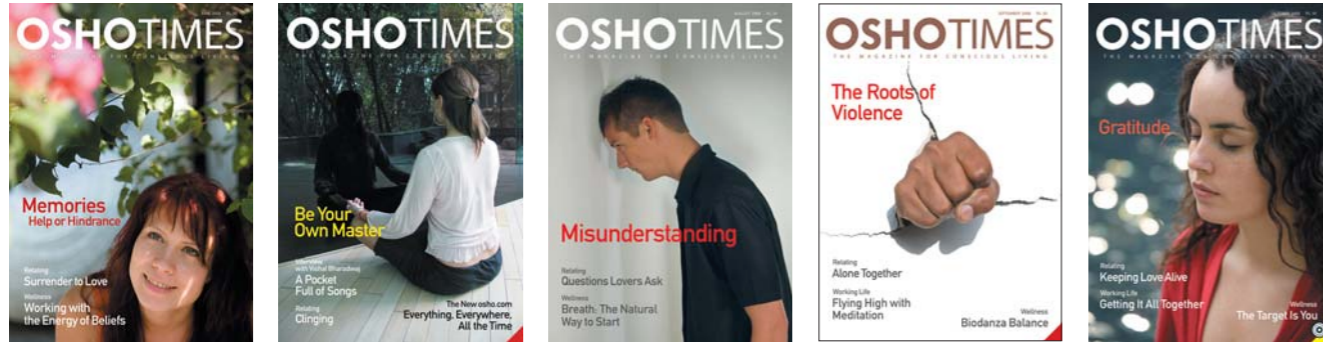
Bonzer, the British bulldog, is sniffing his way around the neighborhood when he recognizes the smell of Alvin, the American Airedale. After the two dogs meet and sniff each other thoroughly, Alvin, the American dog, starts to speak.

"The trouble with you British," barks Alvin, "is that you are far too tribal and interbred. There should be much more intermingling. For instance, in my blood there is British, German, Spanish, Italian, French and a touch of Chinese." "I say, old chap," replies Bonzer, "how jolly sporting of your mother!"

JOKES

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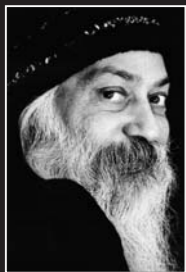
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The End of All Religions

In the December
OSHOTIMES

All organized religions are hierarchical and dogmatic. They exert their control through fear and keep us tied up in guilt and unworthiness. It is through meditation that we can experience real religiousness: truth, love and a morality based in consciousness.



Are You on the Right Path?

Religions condemn life and teach salvations through impossible ideals. This creates inner conflict, and guilt. You don't get to self realization going down that road. There is a different way: the path of living totally.

In Love with Life

Instead of following rules and regulations, you can live a truly religious life of love, freedom and celebration.

Against Religions, but for Religion

Religions and their traditions are the barriers to religiousness.

All Religions Are Destructive

Religions promote war, poverty and persecution. They are supported by the vested interests to exploit you. They exert control through false morality based on lies. What would happen if there were no more organized religions?

In a Few Words

Once people have been indoctrinated into their particular brand of religious conditioning, they are ready to die for it – and even more, ready to kill.

Plus

Relating: Real Commitment

Osho on... Giving and Receiving

Meditation of the Month: Look with Fresh Eyes

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In the coming months there will be features on:

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Astrology

November 2008

by Yogaraj

Astrology is the science of wholeness, unity, nonduality.

Osho

ARIES (March 21 – April 20)

People, family, friends, lovers, all have some importance to you in these days as you deal with balancing the need to be with people with your need to be alone. If you can celebrate your aloneness, fear of relating will vanish.

Aloneness does not mean you cannot relate. It simply means you will relate in a totally new way, which will not create misery, not dominate the other. Because it is not out of fear, it is pure life. Out of fear is only death; out of fearlessness grows everything that is beautiful. Osho

TAURUS (April 21 – May 21)

There may be a feeling to come forward in terms of work as a definition of who you are. And though you are not the work, the work may help you to find something of who you are. And it's not serious.

Do the work less seriously. Love the work, make it a meditation. Work has to be done out of love, out of joy, a kind of celebration. It has to be play, sincere but non-serious. In play also there is a kind of sincerity but it is nonserious; one is not carrying the whole mountain of work on one's head. Osho

GEMINI (May 22 – June 21)

You might find yourself in an even more escapist mode than usual at this time. Actually if you look in you will see that the movement is for change and not escape. And the movement for change is about responsibility.

A real religious person is born the moment you accept your responsibility for yourself: "Whatever I am is my choice – not of the past but of the present. It is my choice of this moment, and if I want to change it I am absolutely free to change it. If I am determined, I can change it." Osho

CANCER (June 22 – July 22)

Belief is the great trap, whether it's religious belief or belief in family or home. Stepping out of belief supports a movement out of sentimentality and into reality. Seek that which is real and you will be in the moment, and in the moment you will find that which is real.

Look at things as they are. Be factual; don't create a fiction. If you are already full of a belief you will find it, because the mind is so creative, so imaginative, so capable of auto-hypnosis, that whatsoever it believes it can create. Buddha says: Go to reality without any belief. Belief is the barrier. Osho

LEO (July 23 – August 23)

Hierarchy is a trap on every level. The ego lives for hierarchy and as a result you live in pain. There is no hierarchy except in your mind. There is no special and no mundane. Everything is special including you. Just don't let it go to your head.

No one is special or everyone is special. Whatever you think about yourself, think the same about everyone else. Not only people but trees, birds, animals, rocks – the whole existence is special, because you come out of this existence and you will dissolve into this existence. If you love the word *ordinary*, then the whole existence is ordinary. Osho

VIRGO (August 24 – September 23)

Your ability to see is a gift so long as it is balanced with compassion, otherwise your tendency to criticism creates isolation. Time to settle into your heart and in so doing relax and see the beauty in each and every imperfection.

People judge others and they judge themselves too. When they judge themselves they feel guilty; when they judge others they take people's dignity and honor. This has destroyed the whole humanity. Become an innocent child, rejoicing in everybody and his uniqueness. Osho

LIBRA (September 24 – October 23)

The art of letting go might be the title of this period in your life. The art is understanding that endings are beginnings and that beginnings are endings: paradox. Embrace paradox.

If you don't carry the old you will find life absolutely new, incredibly, unbelievably new at each step. Life is new, only the mind is old. Mind means that through which you have passed, but on to which you are still hanging. Without mind life goes on and on and on forever. It has no beginning and no end. Osho

SCORPIO (October 24 – November 22)

Independence is important though not to the exclusion of interdependence. The world is not your enemy to be feared but a joy to be embraced. Drop your armor and embrace your sensitivity, your gift.

Love is the greatest reality in the world, the only energy. Everything else is false, love is true. All that is not love is false, and whatsoever you are doing which is not love is a sheer wastage. Whatever you do on the path of love increases your being, gives you more truth, makes you more true. Osho

SAGITTARIUS (November 23 – December 23)

We are all unique and as such you cannot expect the rest of us to be like you. The faster you can see this for yourself, the faster your misunderstandings and frustration levels will dissolve. Celebrate your differences.

Love starts with self-love. Only out of it can you love somebody else. You are special, unique. Nobody else has ever been like you and nobody else will ever be like you; you are simply unique, incomparable. Accept this, love this, celebrate this – and in that very celebration you will start seeing the uniqueness of the others, the incomparable beauty of the others. Osho

CAPRICORN (December 24 – January 20)

Success is a trap no matter what the success may be, though even more so when security is your reward. Security is a prison. Risk will set you free.

If you are alive there are challenges. Then every moment you have to encounter reality. Every moment you have to be ready to change and to move. Life has no security and that is its beauty. Because there is no security there is adventure; nobody knows what is going to happen the next moment. That's why there is challenge, growth, adventure. If your life is not that of an adventure, a search into the unknown, then you are living in vain. Osho

AQUARIUS (January 21 – February 19)

It is important to understand that ideals are not part of who you are, but are inputs from others that serve to make you unconscious. Let go of your ideals and visions of the future and instead be in the moment. The future will take care of itself.

The unconscious society starts molding the child according to its own ideals, forgetting the most fundamental: the child has to grow to be himself. If he does not he will remain miserable. It needs tremendous courage to stand on your own and declare: I can be only myself and nobody else. You can have a blissful life; you have just to be yourself. Osho

PISCES (February 20 – March 20)

Creativity is flowing and it will flow out of who you are, not who you are trying to be. Sometimes your "weaknesses" are your strengths, especially in the play of creativity. Innocence, tenderness and even your tendency to gullibility all can be part of your creativity.

Your vulnerability can be used in a creative way. A vulnerable person, if aware and conscious, can become a great meditator, a great poet, a great painter, musician, dancer. Your doors are open. Be filled by all beautiful things that are available. Good music, great paintings, great novels, poetry. Go into nature and absorb. Osho

→ See also
osho.com/astrology



Chillies

Knowing Yourself

You yourself don't know yourself,
And you expect me to know you?
Don't I have anything else to do?

Why should I know you?
And how is it going to help you?

The only thing that can help is:
You have to know yourself.

Excerpted from
From Death to Deathlessness, Osho

OSHOTIMES Events

Continuing the success of the *OSHO Times* events in Mumbai and New Delhi, another four events were organized in September in Meerut, Karnal, Coimbatore and Chennai. Hundreds more people were introduced to Osho's work and the *OSHO Times*.

Each event included a guided meditation introducing participants to methods to bring them more in touch with themselves and their inner journey, in any situation.



Meerut

Here the evening event followed by a one day workshop with Devendra, were organized by Avinash Singh with support from P.K. Arya. The response and participation surpassed all expectations. 130 people enrolled in the program and booked subscriptions to the *OSHO Times*.



Karnal

Organized by *Osho Glimpse*, Garaunda and facilitated by Devendra, this successful event was attended by doctors, engineers, business people, educationists and many other professionals who want to bring meditation and relaxation into their daily lives.



Coimbatore and Chennai in Tamil Nadu

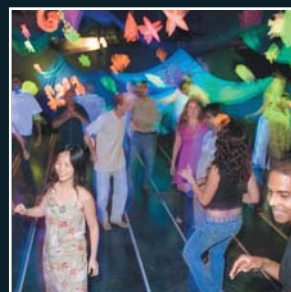
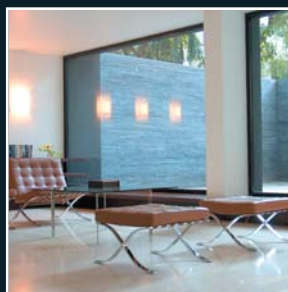
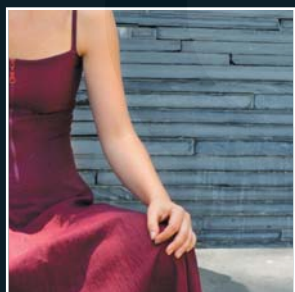
Two *OSHO Times* events, among the many OSHO events that Gyan Rikta and friends organize and facilitate, attracted more than 235 people who are ready to embark on the new adventure of bringing meditation into their everyday activities.



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